

Critically Appraised Topic Athletic Training

CRITICALLY APPRAISED TOPIC

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Personal and Environmental Characteristics Associated With Burnout in Athletic Trainers: A Critically Appraised Topic

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Clinical Question: What personal and environmental characteristics are associated with burnout in athletic trainers, as measured by the Maslach Burnout Inventory (MBI) and Athletic Training Burnout Inventory (ATBI)?
Clinical Bottom Line: There is strong evidence suggesting that personal and environmental factors are associated with burnout in athletic trainers, as measured by the MBI and ATBI. While it is difficult to identify a single contributing factor that increases the athletic trainer's perception of burnout, athletic trainers should be aware of the characteristics associated with the condition and take appropriate action to reduce the risk of burnout.

Clinical Scenario

Traditionally, Critically Appraised Topics (CATs) have answered focused clinical questions related to the recognition, rehabilitation, or prevention of sport-related injuries, however there are other aspects of the current literature that pertain to the well-being of the clinicians treating our patients that are just as worthy of critique. One topic of particular concern in athletic training is burnout. Described as a negative response to chronic stress resulting in a mixture of emotional exhaustion, depersonalization, and reduced personal accomplishment,¹ burnout contributes to health and psychological impairments that may cause patient care to suffer. Athletic trainers are especially vulnerable to burnout due to the demands of the job and the multitude of stressors associated with providing health care. While burnout is difficult to objectively measure, several self-reported instruments have been developed to capture an individual's perception of burnout. The Maslach Burnout Inventory (MBI)² is the primary instrument used to study burnout in health care professionals, but an athletic

training-specific questionnaire, the Athletic Training Burnout Inventory (ATBI),³ was developed to quantify burnout in collegiate athletic trainers. While these instruments provide a means for assessing burnout, it is still unclear what characteristics predominantly contribute to burnout in athletic trainers. The majority of the literature has focused on personal and environmental characteristics. Personal characteristics are demographics pertaining to the individual such as age, marital status, and degree attained. Environmental characteristics are institutional milieu such as salary, injury type frequency, and employment status. Understanding what characteristics are associated with burnout in athletic trainers may lead to strategies or interventions for reducing the condition, in turn increasing professional longevity and improving the quality of health care provided.

Focused Clinical Question

What personal and environmental characteristics are associated with burnout in athletic trainers, as measured by the MBI and ATBI?

Critically Appraised Topic: Athletic Training - A Deep Dive into Evidence-Based Practice

Introduction:

The field of athletic training is constantly evolving, fueled by advancements in sports science, medicine, and technology. To ensure optimal patient care and performance enhancement, athletic trainers must rely on evidence-based practice. This means critically appraising research to identify effective and safe interventions. This blog post delves into the crucial aspects of critically appraising topics within athletic training, examining the process, its importance, and providing practical

examples. We'll equip you with the tools and knowledge to navigate the complexities of research and confidently apply evidence-based practices in your athletic training profession.

H2: Understanding the Importance of Critical Appraisal in Athletic Training

Athletic trainers face a constant barrage of new information – innovative treatment modalities, cutting-edge equipment, and emerging research findings. Simply accepting information at face value is insufficient. Critical appraisal allows athletic trainers to:

Enhance Patient Care: By rigorously evaluating the quality and relevance of research, athletic trainers can confidently select the most effective interventions for their patients, minimizing risks and maximizing outcomes.

Improve Treatment Outcomes: Applying evidence-based practices leads to more predictable and successful treatment plans, leading to faster recovery times and improved athletic performance.

Stay Current with Best Practices: The landscape of athletic training is dynamic. Critical appraisal ensures professionals remain updated with the latest, most reliable research, fostering continuous professional development.

Make Informed Decisions: Facing complex clinical scenarios requires well-informed decisions. Critical appraisal equips athletic trainers with the skills to assess the validity and reliability of various treatment options, enabling evidence-based decision-making.

Promote Professional Credibility: Demonstrating a commitment to evidence-based practice enhances the credibility and professionalism of athletic trainers, building trust with athletes, coaches, and medical professionals.

H2: The Critical Appraisal Process: A Step-by-Step Guide

Critically appraising research isn't a daunting task; it's a structured process. The key is to systematically evaluate several aspects of a study:

H3: 1. Assessing the Research Question and Study Design:

Relevance: Does the research directly address a question relevant to your practice?

Study Design Appropriateness: Is the study design (e.g., randomized controlled trial, cohort study, case-control study) appropriate for the research question? Does the design minimize bias?

H3: 2. Evaluating the Methods and Participants:

Sampling Methods: Was the sample appropriately selected and representative of the population of interest?

Data Collection Methods: Were the data collection methods reliable and valid? Were potential biases addressed?

Inclusion/Exclusion Criteria: Were the criteria clearly defined and justified?

H3: 3. Analyzing the Results:

Statistical Significance: Were the statistical analyses appropriate and correctly interpreted? Are the results statistically significant?

Clinical Significance: Even if statistically significant, are the results clinically meaningful and applicable in a real-world setting?

Effect Size: How large is the effect of the intervention? Is the effect substantial enough to warrant its use?

H3: 4. Considering Bias and Limitations:

Selection Bias: Were participants assigned to groups randomly? Were there any systematic differences between groups?

Measurement Bias: Were the measurements objective and reliable?

Publication Bias: Was the study published in a reputable journal with peer review?

H2: Examples of Critically Appraised Topics in Athletic Training

The critical appraisal process is applied to diverse areas in athletic training. Consider these examples:

Effectiveness of different rehabilitation techniques for ACL injuries: Comparing surgical versus non-surgical approaches, examining the efficacy of various exercise protocols, and assessing long-term outcomes.

Prevention of concussion in youth athletes: Evaluating the effectiveness of rule changes, protective equipment, and educational programs.

Management of muscle strains: Assessing the efficacy of different treatment modalities (e.g., rest, ice, compression, elevation, medication) and comparing recovery times.

The use of technology in athletic training: Evaluating the validity and reliability of wearable technology for monitoring athlete performance and injury risk.

H2: Resources for Critical Appraisal

Numerous resources can assist athletic trainers in the critical appraisal process. These include:

CASP (Critical Appraisal Skills Programme): Offers free checklists and tools for assessing different types of research.

PubMed and other research databases: Provide access to a vast range of peer-reviewed studies.

Professional journals: Offer high-quality research articles in the field of athletic training.

Continuing education courses: Many courses focus on evidence-based practice and critical appraisal skills.

Conclusion:

Critically appraising research is an essential skill for all athletic trainers. By mastering the critical appraisal process and utilizing available resources, athletic trainers can confidently incorporate evidence-based practices into their work, enhancing patient care and optimizing athletic performance. The commitment to rigorous evaluation ensures that athletic training remains a dynamic and evidence-driven profession.

FAQs:

1. What is the difference between statistical significance and clinical significance? Statistical

significance indicates a result is unlikely due to chance, while clinical significance refers to the practical importance of the finding in real-world application.

2. How can I improve my critical appraisal skills? Practice is key! Start by critically appraising a few articles, utilize available resources like CASP checklists, and consider attending continuing education courses focused on evidence-based practice.

3. Are there specific critical appraisal tools for different study designs? Yes, different study designs require different appraisal tools. CASP provides checklists tailored to various study types, such as randomized controlled trials, cohort studies, and qualitative research.

4. Where can I find reliable research articles on athletic training topics? PubMed, SPORTDiscus, and other research databases are excellent resources. Look for articles published in peer-reviewed journals.

5. How can I incorporate evidence-based practice into my daily work as an athletic trainer? Regularly search for relevant research, critically appraise the findings, and integrate the most robust evidence into your treatment plans and decision-making. Document your rationale for your choices.

critically appraised topic athletic training: *Evidence-Based Practice in Athletic Training* Scot Raab, Debbie Craig, 2015-11-17 As one of the first texts of its kind, *Evidence-Based Practice in Athletic Training* contains essential information on the fundamentals of evidence-based practice (EBP) for students who are working toward certification in athletic training and athletic trainers who wish to stay up to date on best practices in the field. With EBP, all clinical decisions are based on available research studies, and these studies are selected and assessed according to specific criteria that yield evidence of benefit. EBP is a continuing education requirement for athletic trainers who are certified with the Board of Certification (BOC). Grounded in solid science, *Evidence-Based Practice in Athletic Training* explains the basics of EBP and the research design methods that are so vital to its implementation. Starting in part I, the text introduces the various levels of evidence, well-built question development using the PICO technique (patient problem or population, intervention, comparison, and outcomes), the five steps of searching for evidence, and search techniques. Part II guides readers through researching specific questions and evaluating research studies, including how to incorporate the evidence they find into their clinical practice. Part III reviews the various research types, their uses and benefits, and research ethics as a critical part of the process of EBP. Through these step-by-step chapters, readers will be able to formulate clinical questions, perform research on current studies, analyze the available data, and apply the principles in their practice in order to provide the best and most accurate care possible. In addition to in-depth information on the principles and application of EBP, *Evidence-Based Practice in Athletic Training* presents clinically based scenarios that allow students to apply their recently acquired knowledge to real-life situations, thus encouraging a deeper understanding of the topics presented throughout the text. These scenarios allow those who are learning EBP concepts for the first time to understand how EBP is incorporated clinically. The most efficient, systematic, and thorough resource of its kind, *Evidence-Based Practice in Athletic Training* encourages students and current certified athletic trainers to ask meaningful questions, gain the knowledge they need for excelling in future practice, and rise to the top of their profession. For students who want a thorough skill base in EBP and for credentialed health care professionals who seek further knowledge in the area, *Evidence-Based Practice in Athletic Training* will help all current and future athletic trainers provide the best care for their athletes and clients.

critically appraised topic athletic training: Pfeiffer and Mangus's Concepts of Athletic

Training Cynthia Trowbridge, Cheryl M. Ferris, 2022-06-15 Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools. Written for the introductory course, the Eighth Edition of Concepts of Athletic Training focuses on the care and management of sport and activity related injuries while presenting key concepts in a comprehensive, logically sequential manner that will assist future professionals in making the correct decisions when confronted with an activity-related injury or illness in their scope of practice. Key Features Include: - Time Out boxes provide additional information related to the text, such as NATA Athletic Helmet Removal Guidelines, how to recognize the signs of concussion, and first aid for epilepsy - Athletic Trainers Speak Out boxes feature a different athletic trainer in every chapter who discusses an element of athlete care and injury prevention - Anatomy Reviews introduce body parts to students unfamiliar with human anatomy and acts as a refresher for those students with some anatomy background

critically appraised topic athletic training: Fundamentals of Athletic Training and Sports Medicine Lorin A. Cartwright, Kimberly S. Peer, 2024-10-18 This textbook offers a well-rounded introduction to the fields of sports medicine and athletic training. In an engaging full-color layout, it addresses common injuries and illnesses often encountered in the field, and it explains the professional and administrative aspects of being an athletic trainer or sports medicine specialist. Fundamentals of Athletic Training and Sports Medicine, Fifth Edition With Web Resource, provides students with foundational knowledge and skills as well as the opportunity to explore the possibility of sports medicine as a career. Topics covered in this text correspond to the National Athletic Trainers' Association's secondary-level sports medicine course description. While each unit in the text can stand alone, the topics are progressive in nature. Students will first obtain a knowledge of human anatomy and the physiology of injury and tissue healing before learning about various types of injuries, conditions, and illnesses. The text then addresses the fundamentals of rehabilitation, injury prevention, and return-to-play criteria, including psychological aspects. The fifth edition covers the latest developments in athletic training regarding treatment, care, and prevention of injuries; administration; and certification. Updated and expanded content includes information on head injury diagnosis and management, new treatment modalities, new taping techniques, and the effects of therapeutic, recreational, and performance-enhancing drug use. Other learning-friendly features in this edition include the following: Red Flags, which warn of potentially hazardous situations What Would You Do If . . . features, which present students with complex scenarios to test their decision making in life-threatening situations The Real World features, which share actual experiences from practicing sports medicine professionals A robust teacher guide with activities, assignments, and tests to support classroom instruction A student web resource with 28 step-by-step worksheets for performing specific tasks, activities that provide hands-on experience, and a semester-long project for building practical skills Authors Cartwright and Peer provide comprehensive coverage of topics in 35 chapters, organized into nine units; a glossary; an index; and an exhaustive list of updated references that attests to the authoritativeness of the information provided. Fundamentals of Athletic Training and Sports Medicine, Fifth Edition, is a thorough guide for students to understand the scope of the role as well as the skills and expertise necessary to embark on the path to a career in sports medicine.

critically appraised topic athletic training: Athletic Training Exam Review Lynn Van Ost, Karen Lew Feirman, Karen Manfri, 2024-06-01 For more than 20 years, Athletic Training Exam Review has empowered and enabled students to assess and evaluate their athletic training knowledge, skills, and decision-making abilities. Now, newly updated for its platinum anniversary, the Seventh Edition continues a tradition of excellence while serving as a premier guide to successfully achieving certification as an athletic trainer. The Seventh Edition serves as a comprehensive self-evaluation tool, elevating readers' level of preparation for the BOC exam. This market-leading guide has made a positive impact on the athletic training profession by highlighting and improving students' strengths and weaknesses. What's inside: Updated study techniques and

test-taking strategies An expanded overview of the exam format to assist in organization and planning More than 1,300 multiple-choice questions and nearly 100 true/false questions, updated and organized according to the BOC's Practice Analysis, Seventh Edition Educational Domains Clinical decision-making questions testing the ability to make appropriate judgment calls using problem solving A skills assessment composed of 26 problems designed to test manual athletic training skills Scenario-based problems to strengthen critical-thinking abilities In addition to the updated content, the Seventh Edition also features a fully redesigned and expanded online test-taking experience, including: New user-friendly, mobile format 8 knowledge assessment tests—3 more than the previous edition! 5 unique true/false exams 20 total drag and drop identification photographs—8 more than the previous edition! 43 critical-thinking scenarios 3 clinical decision-making exams containing scenario-based exam questions 13 video segments with related questions for practicing evaluation and assessment Athletic Training Exam Review has assisted thousands of students and has become a hallmark text around the globe. Connecting the classroom with clinical education, this review tool is a timely and critical text that prepares students for their exam and career as an athletic trainer.

critically appraised topic athletic training: Management Strategies in Athletic Training, 5E Konin, Jeff, 2019 Management Strategies in Athletic Training, Fifth Edition, prepares students and athletic trainers to address the many administrative and managerial challenges they will face in an increasingly complex and changing health care environment.

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were considered when each chapter was constructed. Special care was taken to include examples that are specific to athletic training and instructional applications for educators. What Is Inside: Types of research design Foundations of research and statistics Introduction to critical appraisal Concepts of validity Diagnostic accuracy Disablement models Patient-oriented outcome assessments Health care informatics The first of its kind, *Evidence-Guided Practice: A Framework for Clinical Decision Making in Athletic Training* is the only resource athletic training students, clinicians, or other health care professionals will need to properly put evidence-based concepts into practice.

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Madden, Margot Putukian, Eric McCarty, Craig Young, 2021-12-24 With comprehensive, highly visual coverage designed for sports clinicians, team physicians, sports medicine fellows, primary care physicians, and other health care professionals who provide care to athletes and active individuals, Netter's Sports Medicine, 3rd Edition, is an ideal resource for everyday use. Editors include three past presidents of the American Medical Society for Sports Medicine, it includes contributions from world-renowned experts as well as a rich illustration program with many classic paintings by Frank H. Netter, MD. From Little League to professional sports, weekend warriors to Olympic champions, and backcountry mountainside to the Super Bowl field, this interdisciplinary reference is indispensable in the busy outpatient office, in the training room, on the sidelines, and in preparation for sports medicine board certification. - More than 1,000 superb Netter graphics, tables, figures, pictures, diagnostic images, and other medical artwork highlight easy-to-read, bulleted text. - New coverage of esports, as well as other key topics such as travel considerations for the athlete, EKG interpretation, cardiac disease, diagnostic imaging and ultrasound, injury prevention protocols, and mixed martial arts. - Up-to-date information on nutritional supplements, eating disorders, sports and pharmacology for chronic conditions and behavioral medicine, and extreme and adventure sports. - Designed for quick reference, with a logical organization by both topic and sport. - Online features include downloadable patient education handouts, and handy links.

critically appraised topic athletic training: *Management Strategies in Athletic Training*
Richard Ray, Jeff G. Konin, 2011-07-20 *Management Strategies in Athletic Training*, Fourth Edition, helps current and future athletic trainers deal creatively with the management challenges they will face on the job. Like the previous editions, the fourth edition uses a unique case-study approach in teaching students the theories of organization and administration and their applications to real-world situations in the profession of athletic training. The text, part of Human Kinetics' Athletic Training Education Series, is an excellent resource for building comprehensive knowledge of management theory as well as the problem-solving skills to put it to practical use. The book's organization strategies can also be applied beyond athletic training to a variety of fields related to sports medicine, making it a valuable resource for any sports medicine professional. *Management Strategies in Athletic Training*, Fourth Edition, has been significantly improved to align with the Health Care Administration portion of the National Athletic Trainers' Association (NATA) Role Delineation Study. With extensive updates and new information, the fourth edition emphasizes the practice of evidence-based medicine and offers 18 new sections of material that include the following: •Health care financial management •Injury surveillance systems •Advances in patient charting •Cultural awareness •Marketing a sports medicine practice •OSHA requirements for health care facilities Designed to encourage critical thinking, the fourth edition of *Management Strategies in Athletic Training* opens and closes each chapter with realistic and fascinating case studies presenting real-world dilemmas faced by athletic trainers. A series of questions at the end of these scenarios challenge students to analyze and apply the principles in the chapters to solve the hypothetical situations and ultimately prepare them for the kinds of problems they will face from day to day as professionals. To support learning, the text includes tools such as chapter objectives, key terms, and review statements as well as sample administrative forms that readers can both study and adapt to their own work situations. Special elements and appendixes provide direction for deeper study by referring students to Internet resources, other Athletic Training Education Series texts, sample forms for analysis of athletic training programs, and material on regulations and ethics in athletic training. In addition, the fourth edition covers new material that students will find helpful as they embark on their athletic training careers, such as compensation, tips for finding a job, and negotiating skills for accepting a job. For instructors, an ancillary package consisting of an instructor guide, test bank, and new image bank will aid in course development. Loaded with additional case studies, course projects, chapter worksheets, and a sample course syllabus, these materials can be used for organizing classes, testing students' knowledge, and creating exciting learning experiences.

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Medicine and Athletic Training William Prentice, 2024-06-01 Rehabilitation Techniques for Sports Medicine and Athletic Training, Seventh Edition is the definitive reference for athletic training students and professionals who are interested in gaining more in-depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment. Dr. William Prentice and his contributors have combined their knowledge and expertise to produce a single text that encompasses all aspects of sports medicine rehabilitation. Featuring more than 1,000 full-color illustrations, 700 high-resolution videos, and an integrated laboratory manual, this newly updated Seventh Edition provides the athletic trainer with a complete guide to the design, implementation, and supervision of rehabilitation programs for sport-related injuries. The Seventh Edition includes new and updated information on topics including: • Pharmacology and the role of medication in pain management and performance • Nutrition and its impact on rehabilitation • Rehabilitation techniques for the core • Roles within the rehabilitation team • Pathomechanics and epidemiology of common injuries • Psychological considerations and communication with injured patients • Tips for documentation from Dr. Prentice Included with the text are online supplemental materials for faculty use in the classroom. Rehabilitation Techniques for Sports Medicine and Athletic Training, Seventh Edition is a comprehensive resource for athletic training students, faculty, and clinicians; physical therapists who manage rehabilitation programs for sports-related injuries; as well as for strength and conditioning coaches who supervise performance enhancement programs on return to play.

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critically appraised topic athletic training: Developing the Core NSCA -National Strength & Conditioning Association, Jeffrey M. Willardson, 2024-08-15 It's no secret that a strong midsection is a necessity for elite-level athletes. In fact, research has established a direct correlation between core strength, performance, and injury risk reduction. With Developing the Core, Second Edition, you can gain the performance edge by strengthening your core and achieving greater stability and mobility. Written by the National Strength and Conditioning Association with contributions from an experienced group of sport coaches and practitioners, Developing the Core, Second Edition, is the most comprehensive and up-to-date resource on the science for core training and its application. Along with the latest testing and assessment procedures and new insights regarding the neural control of the core muscles, you will find the following: Core training guidelines and sample programs for 15 sports, including basketball, football, soccer, lacrosse, rugby, and mixed martial arts Step-by-step instructions and detailed photos for 74 exercises Expert advice and strategies for varying exercises and customizing programs Developing the Core is the authoritative resource for strengthening the core and maximizing performance. It is an absolute must-have for serious athletes, strength and conditioning professionals, and coaches alike. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

critically appraised topic athletic training: The 5-Minute Clinical Consult 2024 Frank Domino, 2023-05-09 Practical and highly organized, the 5-Minute Clinical Consult 2024 provides rapid access to the diagnosis, treatment, medications, follow-up, and associated conditions for more than 500 disease and condition topics to help you make accurate decisions at the point of care. Organized alphabetically by diagnosis, it presents brief, bulleted points in a templated format, and contains more than 100 diagnostic and therapeutic algorithms. This up-to-date, bestselling reference delivers maximum clinical confidence as efficiently as possible, allowing you to focus your valuable time on providing high-quality care to your patients.

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Management is an authoritative reference work that provides detailed explanations of critical concepts within the field.

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critically appraised topic athletic training: Biomechanical Performance and Relevant Mechanism of Physical Medicine and Rehabilitation for Neuromusculoskeletal Disorders Qipeng Song, Li Li, Pui Wah Kong, Lin Wang, Feng Wei, 2023-11-23 Biomechanical performance is a key to evaluating effectiveness in physical medicine and rehabilitation for neuromusculoskeletal disorders. Assessments can be applied to degenerative dysfunction (e.g., falls or knee osteoarthritis in older adults) and sports-related injuries (e.g., ankle sprain or anterior cruciate ligament injury). Patients' body movements and daily activity functions can be compared to the state of pre-injury condition or to the level of healthy individuals. Some cutting-edge studies have gone a step further and used biomechanical performance to develop physical medicine and rehabilitation approaches and explore the mechanisms behind their effectiveness. However, such studies are still relatively

rare. This research topic is intended to encourage more relevant projects to be published. This research topic aims to encourage researchers to use biomechanical performance to design advanced physical medicine and rehabilitation approaches, evaluate the effectiveness of the rehabilitation approaches, and explore the mechanisms by which rehabilitation approaches work for neuromusculoskeletal disorders. Some studies have developed stretching approaches for the rehabilitation of knee osteoarthritis in older adults by measuring biomechanical performance during functional activities. Some studies indicated that the mechanism of physical activity to reduce falls in older adults lies in its effectiveness in increasing proprioceptive sensitivity, and further indicated that rehabilitation of proprioception may be a key to reducing falls in the fall-prone older adult population. Some other studies analyzed biomechanical performance in ankle ligament injuries to understand when, how, and why ligaments fail. As a result, this research topic will expand the application of biomechanical performance to better understand and treat neuromusculoskeletal disorders.

critically appraised topic athletic training: Therapeutic Modalities Kenneth Knight, Kenneth L. Knight, David O. Draper, 2012-02-15 Authored by two leading researchers in the athletic training field, the Second Edition of *Therapeutic Modalities: The Art and Science* provides the knowledge needed to evaluate and select the most appropriate modalities to treat injuries. The authors use an informal, student-friendly writing style to hold students' interest and help them grasp difficult concepts. The unique approach of the text teaches aspiring clinicians both the how and the why of therapeutic modality use, training them to be decision-making professionals rather than simply technicians. The Second Edition is revised and expanded to include the latest research in therapeutic modalities. New material has been added on evidence-based practice, and other areas, such as pain treatment, are significantly expanded. It retains the successful format of providing the necessary background information on the modalities, followed by the authors' 5-Step Application Procedure. New photos, illustrations, and case studies have also been added.

critically appraised topic athletic training: Strength and Conditioning for Female Athletes Keith Barker, Debby Sargent, 2018-07-27 Women's sport in general has gained an increasingly higher profile and level of respect in recent years, and it is becoming widely acknowledged that a female athlete's training programmes will differ in several respects from that of their male counterparts. Despite this, there is a dearth of research evidence available to coaches and athletes to guide the planning and programming process, with limited comparisons of training adaptations between the genders and in particular, a lack of investigation into elite female performers. *Strength and Conditioning for Female Athletes* contains insights from various experts in this specialised area. This text outlines specifically what is and what isn't known regarding female athlete development, and exposes the gaps that currently exist in the academic literature, with practical examples of applied practice. Coaches, sports scientists and athletes themselves will find here a wealth of useful information, with topics including: needs analysis; programme design for the basic biomotor abilities; speed and agility; long-term athlete development; the menstrual cycle and gender-specific injuries.

critically appraised topic athletic training: *Sports Neurology*, 2018-11-24 *Sports Neurology* is designed to be a comprehensive overview of neurology within the context of sports medicine. This definitive text addresses the history of sports neurology, including its unique role within sports medicine, and provides a detailed assessment of central and peripheral nervous system injuries and illnesses in athletes. *Sports Neurology* is a critical companion for all sports medicine clinicians and for neurologists who manage athletes. - Provides an introduction and overview of concussion in sport, discussing the epidemiology, biomechanics and pathophysiology of concussion, as well as considerations for sideline evaluation and emergency room diagnosis and management - Explores the long-term consequences of concussion and repetitive head impacts and the relationship with neurodegeneration - Offers an overview of mild, moderate and severe brain injury classification; compares moderate and severe traumatic brain injury within the context of civilian, military and sports circumstances - Describes key issues for the evaluation and treatment of cervical spinal cord

injuries, peripheral nerve injuries, and sports-related pain - Provides an overview of neuroepidemiology and the importance of obtaining meaningful sport-related neuroepidemiologic data that will ultimately provide the foundation for making data-driven decisions for central and peripheral nervous system injuries in sport

critically appraised topic athletic training: *The Routledge Handbook of Clinical Sport Psychology* Donald R. Marks, Andrew T. Wolanin, Kendahl M. Shortway, 2021-07-29 Clinical sport psychology is a rapidly growing field that brings together research and clinical interventions from both clinical psychology and sport and performance psychology. Complementary to sports medicine and clinical sport psychiatry, clinical sport psychology addresses the mental health needs and psychological well-being of athletes, coaches, and other members of the sport community. It offers scientifically informed conceptualizations of psychological distress as it manifests in sport settings, as well as empirically supported clinical interventions tailored to the needs of sport populations. This volume addresses the latest research findings regarding mental health among athletes and other sport professionals, including epidemiological research concerning depression, anxiety, eating disorders, and conduct and interpersonal problems. In addition, it explores the unique etiology of mental health problems among athletes, including psychological sequelae of injury and trauma, as well as concise practice guidelines for conceptualizing and treating psychological distress in sport populations. Strategies for thorough yet efficient psychological assessment of athletes, coaches, and other sport professionals are also provided. A compendium of relevant empirical research and clinical best practices for assessment and treatment, this handbook charts the course that clinical sport psychology has taken since its inception as a distinct clinical specialty and highlights future directions for this rapidly growing practice domain. It offers essential reading for psychologists and other mental health professionals who provide clinical services in sport and performance settings.

critically appraised topic athletic training: Grieve's Modern Musculoskeletal Physiotherapy E-Book Deborah Falla, Jeremy Lewis, Christopher McCarthy, Chad E Cook, Michele Sterling, 2024-04-02 Originally edited by Gregory Grieve, a founder of modern manual therapy, the fifth edition of Grieve's Modern Musculoskeletal Physiotherapy continues to offer contemporary evidence, models of diagnosis and practice that make this one of the most highly respected reference books for physiotherapists. This edition has been fully updated to provide an overview of the latest science in a rapidly evolving field. It includes detailed directions for research-informed patient care for a range of musculoskeletal disorders, as well as up-to-date information on the global burden, research methodologies, measurements, and principles of assessment and management. A new international editorial board, with experience in both research and clinical practice, bring a truly comprehensive perspective to this book, meaning those practising musculoskeletal physiotherapy today will find it highly clinically relevant to their work. - Edited by an internationally recognised editorial board - brings expertise in both research and clinical practice - Fully updated with the latest published evidence - Clear guidance on evidence-based contemporary practice - Management of conditions relating to both the vertebral column and peripheral joints - Updated reviews on the science and practice of a wide range of treatment modalities - Principles of effective communication, screening, clinical reasoning, lifestyle considerations, behavioural change and self-management - Summary boxes and clinical tips to support clinical assessment and management - More than 300 figures and illustrations - Global burden of musculoskeletal disorders - including history, epidemiology and new models of care - A range of new research methodologies, including N of 1 research designs, systematic reviews and meta-analyses, population-based cohort studies, consensus research and response analyses in musculoskeletal research - How to navigate the endless wave of information and assess different levels of evidence - New measures - New chapter on cost analyses and value-based care - Digital rehabilitation methods

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performance therapists on how to use the latest scientific evidence to inform their recovery practice – particularly during high training volumes and competitive cycles. This book empowers the athlete, the coach and the therapist by giving them greater confidence, improving their critical thinking, helping them to avoid poor practice and enhancing their understanding of what causes fatigue and how its effects can be minimised. Recovery from Strenuous Exercise covers many of the aspects required to make a highly skilled, confident, knowledgeable personal trainer, sports therapist or strength and conditioning coach. It also acts as a recovery ‘go-to’ guide for competitive recreational athletes who lack the knowledge and guidance on optimal recovery protocols used by their professional peers. This text serves as a learning and research aid for athletes and those studying vocational personal training and sports therapy courses, and those studying other courses where recovery modalities form part of their undergraduate and postgraduate study, such as strength and conditioning, sports science, sports therapy, sports rehabilitation, osteopathy and physiotherapy.

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Surgery Seth L. Sherman, Jorge Chahla, Scott A. Rodeo, Robert F. LaPrade, 2024-09-23 This major reference work brings together the current state of the art for joint preservation surgery of the knee, including arthroscopic and open procedures. Generously illustrated with radiographs and intraoperative photos, it presents the latest tips and techniques, providing the knee surgeon with the most up-to-date information for precise preparation and decision-making in this rapidly evolving area. This comprehensive guide is divided into ten thematic sections covering clinical evaluation; fundamentals of arthroscopic and open approaches; basic and advanced arthroscopic procedures; surgical management of meniscal disorders; management of ACL injuries; approaches to complex and multi-ligamentous injuries; limb malalignment; management of cartilage and subchondral bone; patellofemoral and extensor mechanism disorders; and rehabilitation and return to play considerations. Written by experts in the field, *Knee Arthroscopy and Knee Preservation Surgery* will be a highly valued resource for orthopedic and sports medicine surgeons, residents and fellows.

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E-Book Kevin K Chui, Milagros Jorge, Sheng-Che Yen, Michelle M. Lusardi, 2019-07-06 **Selected for Doody's Core Titles® 2024 in Orthopedics** Gain a strong foundation in the field of orthotics and prosthetics! *Orthotics and Prosthetics in Rehabilitation*, 4th Edition is a clear, comprehensive, one-stop resource for clinically relevant rehabilitation information and application. Divided into three sections, this text gives you a foundation in orthotics and prosthetics, clinical applications when working with typical and special populations, and an overview of amputation and prosthetic limbs. This edition has been updated with coverage of the latest technology and materials in the field, new evidence on effectiveness and efficacy of interventions and cognitive workload associated usage along with enhanced color photographs and case studies - it's a great resource for students and rehabilitation professionals alike. - Comprehensive coverage addresses rehabilitation in a variety of environments, including acute care, long-term care and home health care, and outpatient settings. - Book organized into three parts corresponding with typical patient problems and clinical decision-making. - The latest evidence-based research throughout text help you learn clinical-decision making skills. - Case studies present real-life scenarios that demonstrate how key concepts apply to clinical decision-making and evidence-based practice. - World Health Organization disablement model (ICF) incorporated to help you learn how to match patient's limitations with the best clinical treatment. - Multidisciplinary approach in a variety of settings demonstrates how physical therapists can work with the rest of the healthcare team to provide high quality care in orthotic/prosthetic rehabilitation. - The latest equipment and technology throughout text addresses the latest options in prosthetics and orthotics rehabilitation - Authoritative information from the *Guide to Physical Therapist Practice*, 2nd Edition is incorporated throughout. - A wealth of tables and boxes highlight vital information for quick reference and ease of use. - NEW! Color photographs improve visual appeal and facilitates learning. - NEW! Increased evidence-based content includes updated citations; coverage of new technology such as microprocessors, microcontrollers, and integrated load cells; new evidence on the effectiveness and efficacy of interventions; and new

evidence on cognitive workload usage. - NEW! Authors Kevin K Chui, PT, DPT, PhD, GCS, OCS, CEEAA, FAAOMPT and Sheng-Che (Steven) Yen, PT, PhD add their expertise to an already impressive list of contributors.

critically appraised topic athletic training: Routledge Handbook of Sports and Exercise Therapy Keith Ward, 2024-06-13 The Routledge Handbook of Sports and Exercise Therapy is a methodically detailed, authoritative, contemporaneous and practical reference source for all those involved in sports and exercise therapy, whether students, established practitioners, educators or researchers. This comprehensive handbook cohesively presents foundational subjects and introduces principles and applications to support the development and practice of sports and exercise therapists. These are presented alongside new essential and evolving topic areas. Such a blend of fundamental underpinning and applied and experiential practical guidance gives this handbook a real sense of relevancy, and a contribution which can help to consolidate the positioning of sports and exercise therapists as key practitioners in an advancing landscape of health, exercise, sport, research and education. The handbook has been produced to create a seamless reference source for readers, but each of its chapters are also designed to be stand-alone presentations in their own right. The following areas are covered: Learning and teaching Evidence-based practice Anatomy and physiology Pathology of injuries Health and safety Clinical assessment Therapeutic modalities Injury rehabilitation Sports and exercise as medicine Sports and exercise nutrition Sports and exercise psychology Professionalism and ethics Structural and cultural competency Sideline sports injury management Management of regional injury conditions Case studies in sports and exercise therapy Employability and career development The handbook is comprehensively referenced and multi-authored. Its design incorporates numerous photographs, figures, tables and detailed sample document templates. It can be considered as an essential and topical resource for anyone involved in sports and exercise therapy, whether in their first year as an undergraduate or already working in professional practice.

critically appraised topic athletic training: Basketball Sports Medicine and Science Lior Laver, Baris Kocaoglu, Brian Cole, Amelia J. H. Arundale, Jeffrey Bytowski, Annunziato Amendola, 2020-10-05 This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

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is an important reference for anybody who has an interest in better supporting the mental health of elite athletes at youth and/or senior levels.

critically appraised topic athletic training: Routledge Handbook of Mental Health in Elite Sport Insa Nixdorf, Raphael Nixdorf, Jürgen Beckmann, Scott Martin, Tadhg Macintyre, 2023-03-26 Mental health is a rapidly increasing topic in the field of sport psychology. As the relevance of athletes' mental health has come to prominence through emerging research, there is a high demand for evidence-based practice in order to promote athletes' mental health and prevent mental disorders as well as maladaptive syndromes. However, there is currently no comprehensive overview available that highlights the empirical evidence for the constructs of mental health, illustrating the latest developments in research, or that highlights implications for future science and practice. The Routledge Handbook of Mental Health in Elite Sport delivers such an understanding and overview for this field, offering students, researchers, mental health professionals, applied sport psychologists, and coaches a state-of-the-art and insightful summary of science in the newly emerged field of clinical sport psychology and mental health in athletes. This thorough volume covers major current and emerging topics on mental health and mental illness (e.g., depression), subclinical syndromes (e.g., burnout), as well as a comprehensive overview of research on prevention (e.g., green exercise) and treatment of mental health disorders in athletes and will be a vital resource for researchers, academics, and students in the fields of sport psychology, clinical psychology, sport coaching, sport sciences, health psychology, and physical activity and related disciplines.

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critically appraised topic athletic training: Grieve's Modern Musculoskeletal Physiotherapy Gwendolen Jull, Ann Moore, Deborah Falla, Jeremy Lewis, Christopher McCarthy, Michele Sterling, 2015-05-11 Since the third edition of Grieve's Modern Manual Therapy was published in 2005, the original concepts of manipulative therapy have grown to embrace new research-generated knowledge. Expansions in practice have adopted new evidence which include consideration of psychological or social moderators. The original manual therapy or manipulative therapy approaches have transformed into musculoskeletal physiotherapy and this is recognized by the change in title for the new edition - Grieve's Modern Musculoskeletal Physiotherapy. Grieve's Modern Musculoskeletal Physiotherapy continues to bring together the latest state-of-the-art research, from both clinical practice and the related basic sciences, which is most relevant to practitioners. The topics addressed and the contributing authors reflect the best and most clinically relevant contemporary work within the field of musculoskeletal physiotherapy. With this as its foundation and a new six-strong editorial team at its helm, the fourth edition now expands its focus from the vertebral column to the entire musculoskeletal system. For the first time both the spine and extremities are covered, capturing the key advances in science and practices relevant to musculoskeletal physiotherapy. The book is divided into five parts containing multiple sections and

chapters. The first part looks at advances in the sciences underpinning musculoskeletal physiotherapy practice. Here there is commentary on topics such as movement, the interaction between pain and motor control as well as neuromuscular adaptations to exercise. Applied anatomical structure is covered in addition to the challenges of lifestyle and ageing. A new section highlights the important area of measurement and presents the scope of current and emerging measurements for investigating central and peripheral aspects relating to pain, function and morphological change. Another section discusses some contemporary research approaches such as quantitative and qualitative methods as well as translational research. Part III contains sections on the principles of and broader aspects of management which are applicable to musculoskeletal disorders of both the spine and periphery. Topics include models for management prescription, communication and pain management and contemporary principles of management for the articular, nervous and sensorimotor systems. In recognition of the patient centred and inclusive nature of contemporary musculoskeletal practice, there is also discussion about how physiotherapists may use cognitive behavioural therapies when treating people with chronic musculoskeletal disorders. The final part of the book focuses on selected contemporary issues in clinical practice for a particular region, condition or the most topical approaches to the diagnosis and management of a region. A critical review of the evidence (or developing evidence) for approaches is given and areas for future work are highlighted. - Presents state-of-the-art manual therapy research from the last 10 years - Multidisciplinary authorship presents the viewpoints of different professions crucial to the ongoing back pain management debate - Highly illustrated and fully referenced

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Dictionary, 2001-05 Each volume separately titled: v. 1, Acronyms, initialisms & abbreviations dictionary; v. 2, New acronyms, initialisms & abbreviations (formerly issued independently as New acronyms and initialisms); v. 3, Reverse acronyms, initialisms & abbreviations dictionary (formerly issued independently as Reverse acronyms and initialisms dictionary).

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William E. Amonette, Kirk L. English, William J. Kraemer, 2016-03-02 Exercise science practitioners have access to mountains of research findings, expert opinions, novel techniques, and program plans via blogs, fitness magazines, conference presentations, and peer-reviewed journals. To facilitate effective practice, practitioners must sift through this information and retain only the best evidence to form a sound base of knowledge. Evidence-Based Practice in Exercise Science: The Six-Step Approach equips readers with the basic skills and competencies for discerning the value of scientific research. Using a methodical approach, students and professionals will learn to identify appropriate evidence to support novel interventions and avoid counterproductive or dangerous information to eliminate ineffective exercise options. The authors, well-known advocates in the study and application of evidence-based practice in the field of exercise science, take the five-step method of evidence-based practice that has been established in medicine, adapt it specifically for exercise science, and expand it to embrace individuality in exercise training. The content is accessible for students in a variety of courses in exercise science curricula; those seeking certification through professional organizations; and practitioners in the fields of exercise, nutrition, sports medicine, and sport science. This text is an instruction manual in understanding and applying evidence-based practice. The process is divided into six steps that begin with asking a question and then finding, evaluating, implementing, confirming, and re-evaluating the evidence. Readers of Evidence-Based Practice in Exercise Science will explore these aspects: • The philosophy of science and design of scientific studies • The use of search tools like PubMed and Google Scholar and how to rank or define the strength of the evidence • Practical suggestions for implementing evidence-based practice in the field to better advise and serve athletes, clients, and patients • Case studies that demonstrate realistic scenarios of how the evidence-based process may be used in a variety of sport and exercise settings Each chapter opens with chapter objectives that provide a road map for

learning, and a chapter conclusion summarizes main points and ensures understanding. The case studies cover topics including exercise prescription; exercise for special populations; nutrition and supplementation; and exercise devices, equipment, and apparel. Each case presents a realistic scenario that an exercise practitioner may experience, presents background information, formulates a question for investigation, describes a search of the literature, discusses the findings, and provides a recommendation for practice based on the best current evidence. Evidence-Based Practice in Exercise Science is grouped into four sections that assist readers in gaining a better understanding of the evidence-based practice paradigm, learning the step-by-step method, and acquiring experience in the evidence-based approach by working through practical examples using real-world scenarios. Part I offers foundational knowledge of evidence-based practice in exercise sciences. Part II introduces the six-step method of evidence-based practice with chapters that explore each step of the process in depth. Part III presents 16 case studies grouped into chapters by general topics. Part IV concludes the text with chapters on disseminating and sharing knowledge and the future of evidence-based practice in exercise science. By understanding the concepts and process of evidence-based practice, current and future sport, exercise, and health professionals will prescribe individualized programs and treatments that improve athletic performance and lead individuals toward better health. Embracing evidence-based practice will ultimately advance the field and produce optimal outcomes for clients, patients, and athletes.

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