

# **Care of the Young Athlete 2nd Edition**

American Academy of Pediatrics Council on Sports Medicine and Fitness Editors: Sally S. Harris, MD, MPH, FAAP, and Steven J. Anderson, MD, FAAP

his enhanced and updated 2nd edition gives you an easy-to-use, one-stop guide to all aspects of childhood sports preparation, participation, and injury treatment.

The 2nd edition covers safety and risk-management considerations... procedural how-tos for the preparticipation physical evaluation...the latest recommendations on proper nutrition for athletes...proven injury prevention guidelines...detailed treatments for dozens of injuries...and much more.

### Must-know information and practice-focused advice

### **Contents include**

- Assessing physical and emotional readiness for athletic participation
- Effects of training and competition on child development
- Nutrition, weight loss, and performance-enhancing substances
- Athletic participation for physically challenged children
- Evaluation and treatment of medical and musculoskeletal iniuries
- Guidelines for returning to athletics after injury
- Recommendations for specialty referral

### NEW in the 2nd edition

- All-new chapters on nutrition and weight control, performance-enhancing substances. risks of injury during sports participation, and acute and overuse shoulder injuries
- Important new findings on issues specific to the female athlete
- New full-color bonus signs and symptoms poster
- Patient education handouts available through password-protected Web site

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### **General Health and Fitness**

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- 5. The Preparticipation Physical Evaluation

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- Thermoregulation 8. 9. Sports Nutrition
- 10. Performance-Enhancing Substances
- 11. Psychological Issues

### **Basic Management Concepts**

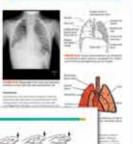
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# PPE **Preparticipation Physical Evaluation**

### **4th Edition**

American Academy of Family Physicians American Academy of Pediatrics American College of Sports Medicine American Medical Society for Sports Medicine

American Orthopaedic Society for Sports Medicine

American Osteopaedic Academy of Sports Medicine

Editors: David T. Bernhardt, MD, and William O. Roberts, MD, MS

### The widely adopted guide to athletic screening—updated...expanded...and enhanced!

Here's practical, proven guidance for determining athletic clearance, optimizing sports participation safety, and promoting healthy lifestyles.

Developed by leading medical societies, Preparticipation Physical Evaluation offers health professionals a systematic, standardized approach to screening young athletes from middle school through college. This newly revised and enlarged edition is adaptable for a wide range of individual or institutional needs.

### Step-by-step PPE solutions

- System-by-system physical evaluation guidelines: cardiovascular...CNS...pulmonary...GI/genitourinary... musculoskeletal...dermatologic
- Medical history questions
- Clearance considerations
- Updated return-to-play guidelines
- Expanded discussion of ethical and legal concerns
- Detailed recommendations for evaluating the female athlete
- New sudden cardiac death screening developments
- PPE coding guick reference

### PLUS—Easy-to-use PPE Forms

- History Form
- Physical Examination Form
- NEW! The Athlete With Special Needs: Supplemental History Form
- Clearance Form

Softcover, 2010—approx 180 pages Available May 2010 X-MA0537 Price: \$46.95 Member Price: \$39.95

# Preparticipation **Physical Evaluation Form**

Use this superefficient time-saver. Front and back shown at right.

> Sold in packs of 50. X-HE0503 Price: \$21.95 Member Price: \$16.95



**Preparticipation Physical Evaluation, 4th Edition, and Preparticipation Physical Evaluation Form Package** Available May 2010

X-MA0551 Price: \$68.90 \$58.90 Member Price: \$56.90 \$46.90

# Contents

Introduction Routine Screening Tests

**Goals and Objectives** Primary Objectives Secondary Objectives

Timing, Setting, and Structure Qualifications of the Examiners Timing of the Evaluation Frequency of the Evaluation Methods and Settings of Evaluation

Interim Annual Evaluations

Administrative, Ethical, and Legal Concerns Administrative Ethical Legal

**General Considerations** of the History, Physical Examination, and Clearance History Physical Examination Determining Clearance **Clearance Considerations** 

Systems-Based Examination

Cardiovascular Problems History Form Questions **Key Points** Incidence of Sudden Cardiac Death in Young Athletes Etiology of Sudden Cardiac Death in Young Athletes Personal and Family History Physical Examination Investigation of Athletes With Cardiovascular Symptoms Limitations of the

Preparticipation Cardiovascular Evaluation

Noninvasive Cardiovascular Screening in Athletes **Clearance Recommendations** for Athletes With Identified Cardiovascular Disease

**Central Nervous System** Concussions Seizures Headaches Stingers or Burners Cervical Cord Neurapraxia

**General Medical** Medical History Obesity Diabetes Mellitus Blood-bourne Pathogens: **HIV and Hepatitis** Medications and Supplements Allergies and Anaphylaxis Surgical History Paired Organs/Organs Infectious Mononucleosis Heat Illnesses

Sickle Cell Trait or Disease Eye Disorders and Vision Immunizations Questions That May Be Prompts During the Follow-Up Interview

Pulmonary System

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History Form Questions Secondary Questions Kev Points Physical Examination Clearance for Participation

Musculoskeletal Concerns History Form Questions Key Points Physical Examination Clearance for Participation

The Female Athlete Medical History Physical Examination **Determining Clearance** 

The Athlete With Special

Needs Benefits of Sports Preparticipation Physical Evaluation (PPE) for Special Needs Competitions for the Physically or Cognitively Impaired Methods of Evaluation The PPF Medical History The PPE Physical Examination Functional Assessment Diagnostic Imaging **Determining Clearance** 

### Research

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### Research

### Forms

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Example of a College PPE Consent Form Example of a Teen Screen Used in Minnesota Sport Concussion Assessment Tool 2 Coding for the Preparticipation Physical Evaluation Quick Reference to Useful Codes for the Preparticipation Physical Evaluation



New 4th

**Edition!** 



# Find action-oriented answers FAST!

# Pediatric Orthopaedics and Sports Injuries A Quick Reference Guide

Editors: John F. Sarwark, MD, FAAP Cynthia R. LaBella, MD, FAAP

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- Limb disorders
- Spine disorders
- Hip and pelvis disorders
- InfectionsTumors
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Orthopaedics

and Sports Injuries

...and much more

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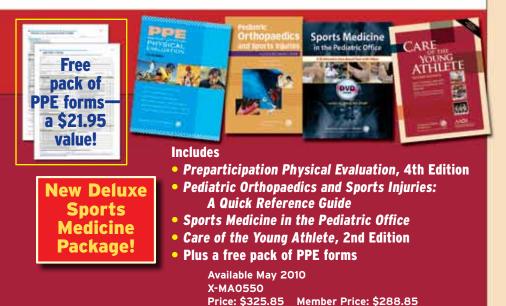
Each condition-focused chapter steps you through every stage of patient care

- Etiology/epidemiology
- Signs and symptoms
- Differential diagnosis
- How to make the diagnosis
- Treatment

- Rehabilitation
- Expected outcomes/prognosis
- Coding for proper payment

### • When to refer

Available May 2010 Softcover—approx 650 pages X-MA0428 Price: \$78.95 Member Price: \$73.95



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- 8. Septic Arthritis
- 9. Miscellaneous Infections

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- 10. General Approach and Differential Diagnosis

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Bifida)

"This workbook provides excellent, up-to-date instruction in the evaluation and management of many sports medicine injuries for general practitioners, residents, or medical students. The format, with its case study approach, makes it easy to read and follow....The accompanying DVD is particularly helpful, setting this workbook apart from other sports medicine references for primary care physicians."

> Aaron Karlin, MD Ochsner for Children —Doody's Review



Softcover, 2008—238 pages DVD—approx 2 hours X-MA0380 Price: \$84.95 Member Price: \$79.95

# Sports Medicine in the Pediatric Office A Multimedia Case-Based Text With Video

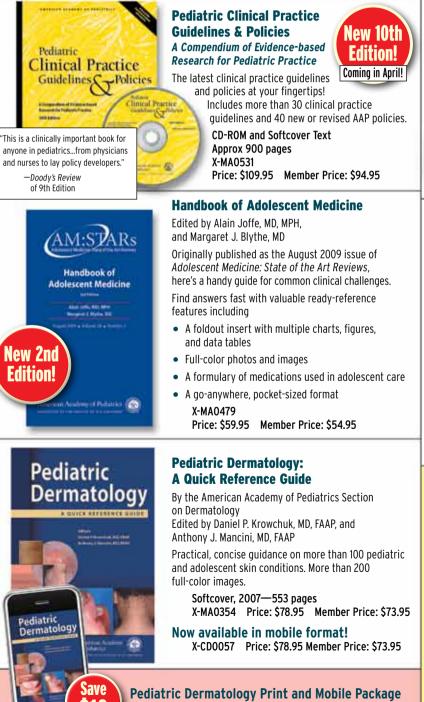
By Jordan D. Metzl, MD, FAAP

Now—for the first time anywhere—a single pediatric sports medicine resource teams a practical skills-focused text with full-motion video clips that show you exactly "how it's done." Using this innovative multimedia tool, you can view step-by-step demonstrations of the examination and evaluation techniques described and illustrated in the text.

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- Learn which tests to order when.
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# More essential sports medicine resources



X-MA0526

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## essentials Edited by Letha Yurko Griffin, MD, PhD

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Jointly developed by the American Academy

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By Paul R. Stricker, MD, FAAP

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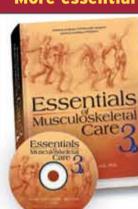
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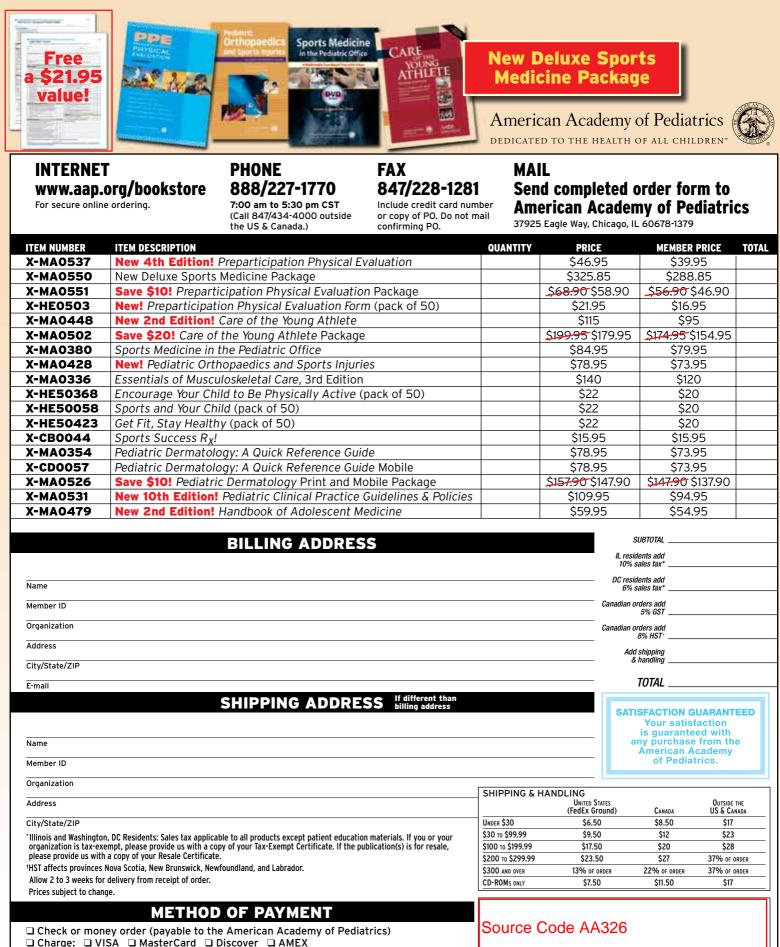
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