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How to Fix (Just About) Everything

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Sports Injuries to the Shoulder and Elbow: Jin-Young PARK 2015-04-22 This book documents current knowledge on the mechanisms involved in sports injuries to the shoulder and elbow, reviews essential physical examinations, and explains the role of diagnostic imaging. Above all, it describes in detail the treatment modalities that are appropriate to the injuries encountered in throwing and overhead athletes, including chronic repetitive and acute traumatic injuries. Both conservative and surgical treatments are covered; the author's own preferred operative techniques are identified and explained, and helpful treatment algorithms offer guidance in selecting an approach fitting to the circumstances. In addition, the inclusion of instructive case reviews will assist readers in achieving a full understanding of the implementation of treatment protocols. Methods of rehabilitation are also described with the aid of demonstration videos, and advice is provided on appropriate timing. The book will be invaluable for all professionals who deal with sports injuries of the shoulder and elbow, including surgeons, physiotherapists, other medical practitioners, and trainers.

Rebuilding Milo: Aaron Horschig 2021-01-19 Every athlete who spends time in the weight room eventually deals with pain/injury that leaves them frustrated and unable to reach their highest potential. Every athlete ought to have the ability to take the first steps at addressing these minor injuries. They shouldn't have to wait weeks for a doctor's appointment, only to be prescribed pain medications and told to "take two weeks off lifting" or, even worse, to "stop lifting so heavy." Dr. Aaron Horschig knows your pain and frustration. He's been there. For over a decade, Dr. Horschig has been a competitive weightlifter, and he understands how discouraging it is to tweak your back three weeks out from a huge weightlifting competition, to have knee pain limit your ability to squat heavy for weeks, and to suffer from chronic shoulder issues that keep you from reaching your goals. Rebuilding Milo is the culmination of Dr. Horschig's life’s work as a sports physical therapist, certified strength and conditioning specialist, and Olympic weightlifting coach. It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world. Now he wants to share that knowledge with you. This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. After discovering the cause of your injury, you’ll be able to create an individualized rehab program as laid out in this book. Finally, you’ll be on the right path to eliminate your pain and return to the activities you love.

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