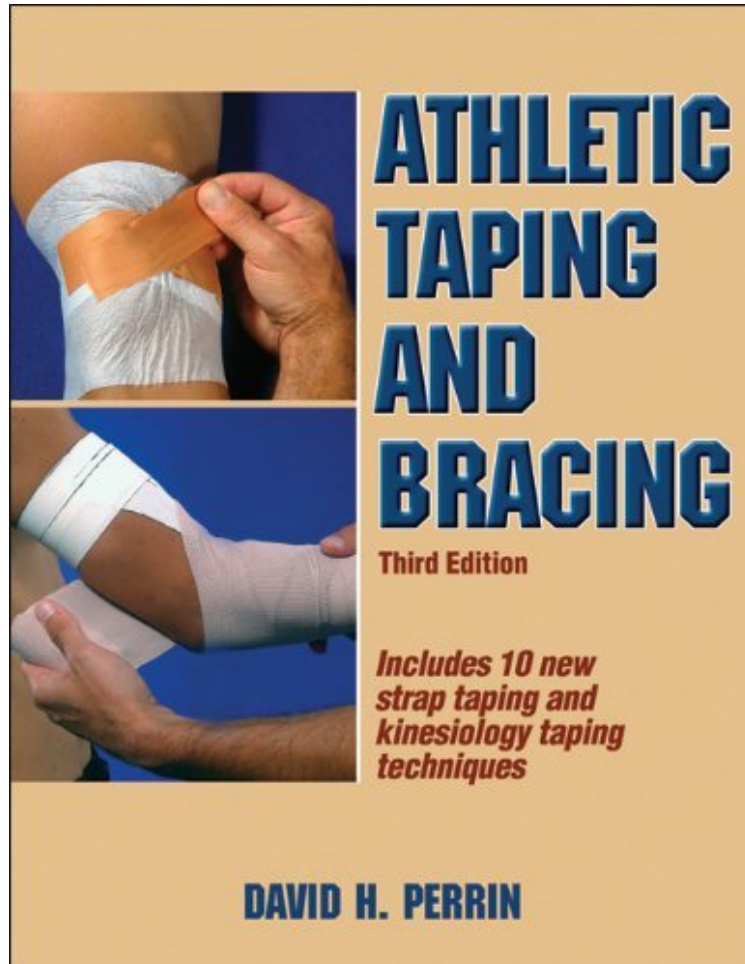


Athletic Taping and Bracing: Third Edition

Von David Perrin

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Von David Perrin : Athletic Taping and Bracing: Third Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised Athletic Taping and Bracing: Third Edition:

Kundenrezensionen Hilfreichste Kundenrezensionen 1 von 1 Kunden fanden die folgende Rezension hilfreich. Tapen lernen von den Meistern Von Kornelius Kraus Sprunggelenktapes, Kniebandagen oder das Anlegen von Hftprotektoren gehen zur täglichen Routine im Athletic Training Room. Die Aufgabe des Tapens geht weit über ästhetische Ansprüche hinaus. Tapen und Bandagieren dienen als Werkzeuge zur Verletzungsprävention, Bewegungsoptimierung oder zur Reduzierung der mechanischen Belastung. Der Athletenbetreuer kann damit Kompression und Stabilisation erzeugen, Muskelzüge verndern, Strukturen entlasten und Protektoren befestigen. Der Autor Dr. Perrin gilt als erfahrener Athletic Trainer. Er erklärt gekonnt die theoretischen Hintergründe sowie die praktischen Kniffe für effektives Tapen und Bandagieren, denn es funktioniert nur mit dem nötigen anatomischen Verständnis. Dem wird der Autor gerecht, indem er zur jeweiligen Taping-Technik die Anatomie des Gelenkes skizziert. Zum Beispiel liefert das Kapitel zur unteren

Extremitt einige zielführende Anstze zur Unterstützung der Fuarchitektur.Erfahrungsgem lsst sich der Inhalt des Buchs ber den Verlauf eines Semesters vermitteln. Perrins Werk ist eine professionelle Erweiterung zum Taping-Kapitel in Principles of Athletic Training. Es enthlt detaillierte Fotografien und Erklrunen fr das Anlegen von Kinesiotapes, Sporttapes, Bandagen oder Protektoren. Praktische Kniffe wie den Einsatz von Prewrap zur Vermeidung von Hautirritationen oder das Lsen von Tapes mit l runden das sehr anwendungsorientierte Buch ab. Es ist ein Buch fr den Praktiker. Wer sich wissenschaftlich mit dem Thema Taped auseinandersetzen mchte, wird eher im Journal of Athletic Training fndig.Ausgewhlte Themen:+ funktionelle Anatomie in Kombination mit Taping-Techniken+ zahlreiche Darstellung und Abbildungen ermgligen schnelles Lernen+ Verbnde anlegen+ Einsatz von elastischen, starren Sport- und K-Tapes+ praktische Kniffe+ bungen fr die getapten Gelenke und verletzte Regionen+ Checklisten1 von 1 Kunden fanden die folgende Rezension hilfreich. excellent go by for beginners or trainers a must for sportsVon Ein KundeWith so many books on How TO it's really great to find one that shows you just how without making you feel like you'll never understand the basics. If you are seriously thinking about doing a lot of sports related taping and handling of those injuries this is the book you want to add to your library.After doing sports med for 2 years now with college teams and marines i feel a lot safer knowing this book is out there for others to go by.1 von 1 Kunden fanden die folgende Rezension hilfreich. Plenty of information for the novice.Von mwschmit@worldnet.att.netWith photographs of actual tapings, this book is very easy follow the step needed to tape almost any body part. Also included in the book where recommendations on strengthing tips for injured joints/muscles.

KurzbeschreibungThe premier text for athletic taping and bracing is now revised in a stunning third edition. Athletic Taping and Bracing retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping. Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures.The text covers the 46 most frequently applied taping and bracing procedures in clinical practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and donts of taping and bracing. To emphasize rehabilitation as well as prevention, Athletic Taping and Bracing, Third Edition, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. With Athletic Taping and Bracing, Third Edition, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athletes total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.Important Notice: The digital edition of this book is missing some of the images found in the physical edition.KurzbeschreibungThe premier text for athletic taping and bracing is now revised in a stunning third edition. Athletic Taping and Bracing retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping. Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology

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ber den Autor und weitere Mitwirkende David H. Perrin, PhD, ATC, FNATA, is provost and executive vice chancellor and professor of kinesiology at the University of North Carolina at Greensboro, where he previously served as dean of the School of Health and Human Performance. Before going to Greensboro, Perrin directed the athletic training education program at the University of Virginia from 1986 to 2001. His awards from the National Athletic Trainers' Association include the Sayers "Bud" Miller Distinguished Educator Award, the Most Distinguished Athletic Trainer Award, the William G. Clancy Medal for Distinguished Athletic Training Research, and induction into the NATA Hall of Fame. Perrin is a fellow of the American College of Sports Medicine and a fellow of the American Academy of Kinesiology and Physical Education. For 13 years, he was also a member of the NATA Professional Education Committee, helping to write the guidelines for accreditation of both undergraduate and graduate athletic training education programs. In 2011, Perrin was elected a fellow of the National Athletic Trainers' Association. He was editor in chief of the *Journal of Athletic Training* from 1996 to 2004 and was the founding editor of the *Journal of Sport Rehabilitation*. He is author of *Isokinetic Exercise and Assessment and Athletic Taping and Bracing*, editor of the third edition of *The Injured Athlete*, and coauthor of *Research Methods in Athletic Training*. In his free time, Perrin enjoys traveling, exercising, and vacationing at his lake cottage in Vermont.