

Concepts of Athletic Training, 7th edition

Ronald P. Pfeiffer, Brent C. Mangus, and Cindy Trowbridge

ISBN: 9781284034127~ Paperback ~ 450 Pages ~ © 2015

Jones and Bartlett Publishers

Transition Guide

What's New to the 7th Edition!

The updated *Seventh* edition presents the latest information in regards to the best practice management of sports injuries by coaches and physical educators. It also is an excellent source for the beginning of an athletic training career by a high school or college student. We have also added new athletic trainers to the Speak Out section. These professionals come from all types of settings and career experience.

The *Seventh* edition has added a new author - Cindy Trowbridge PhD, ATC, LAT, CSCS joins the team and brings an emphasis to the presentation of the latest research evidence in regards to head injuries, nutrition, psychology of injury, and medical concerns that often face youth athletes. References to national association position and consensus statements are provided so readers can pursue further study as necessary.

Specific Chapter Updates:

Chapter 1

- Injury data on youth sports and popular school sports have been updated.
- The most recent data available on catastrophic sports injuries are presented.

Chapter 2

- New information is presented on the most recent Team Physician Consensus Statement published by the American College of Sports Medicine.
- The definition of an Athletic Trainer along with practice domains have been updated.
- The CAATE accreditation required “professional content” areas have been included.

Chapter 3

- Provides a comprehensive overview of sports law and the potentials for legal liability when working with youths in athletics.
- Identifies several key ways coaches and physical educators can avoid litigation.
- Provides examples of cases that resulted in tort claims related to death and serious injury in athletics.

Chapter 4

- Describes the most recent guidelines for pre-participation physical examinations (PPEs).
- Identifies key principles to conditioning techniques related to prevention of injuries.
- Includes a comprehensive review of flexibility and stretching techniques.

Chapter 5

- Describes the link between physical and mental stressors and their relation to injury prevention and injury rehabilitation.
- Discusses the role of coaches and parents in reducing the negative effects of sport participation and competitive stress.
- Provides recent evidence for the management and referral of conditions like anorexia nervosa, bulimia nervosa, and muscle dysmorphia.

Chapter 6

- Presents precompetition, competition, and postcompetition nutrition along with valuable information on hydration.
- Discusses safe weight loss and weight gain techniques using latest position statements and research.
- Discusses nutritional supplements and other ergogenic aids in regards to safety and ethics in sport.

Chapter 7

- Provides guidelines and best practices for developing and implementing emergency action plans (EAPs) at all levels of sport competition.
- Discusses the role of the emergency response team.
- Presents an updated review of the primary and secondary surveys involved in the response to sports injuries.

Chapter 8

- Presents a detailed, phase-by-phase description of the healing process, which includes the inflammatory response, fibroblastic repair, and maturation/remodeling.
- Discusses the ‘best practices’ for using cold or heat modalities to treat sports injuries.
- Discusses the common uses of over the counter pharmacological agents and concerns regarding safe dosages.

Chapter 9

- Gives the latest information regarding recognition and management of concussions based on published research, consensus, and position statements.
- Presents the most recent data in regards to catastrophic injury in sports.

- Presents updated guidelines for the management of common facial, eye, ear, nose, and teeth injuries.

Chapter 11

- New information on injuries to the acromioclavicular (AC) joint is provided.
- A new section describing the etiology, care and management of SLAP (superior labrum, anterior-posterior) injuries has been added.

Chapter 12

- New information on the phenomenon known as “Little League elbow” has been added.

Chapter 13

- Due to the increase in heart conditions now seen in athletes, a significant amount of new information is presented on cardiac defects.
- New information about muscle strains to the thorax is presented.
- References are updated throughout the chapter.

Chapter 14

- Hip injuries are expanded and more information is presented with updated references.

Chapter 15

- Knee injury occurrence rates and populations affected are updated.
- Meniscus injury information is updated.
- Recent information on causes and programs to avoid ACL injury is included.
- Knee bracing options are expanded with recent photographs of the newest bracing options are included.

Chapter 16

- The occurrence of and prevention programs regarding ankle sprains is updated and expanded.
- Detecting and treating anterior compartment injuries are expanded.
- Photographs of arch and turf toe procedures were added.

Chapter 17

- New information on the care and management of skin infections caused by *Staphylococcus aureus* has been added.

Chapter 18

- Results from a recently republished study on exertional heat illness (EHI) have been added.

Chapter 19

- Provides updated information about Methicillin-resistant *Staphylococcus aureus* (MRSA) and guidelines for recognition and referral.
- Discusses chronic conditions like asthma, diabetes, and epilepsy and how the coach can prevent exacerbation as well as provide first aid in case of an emergency.
- Includes a review of exercise recommendations and precautions for athletes suffering from the common cold, mononucleosis, and infectious strains of hepatitis A and B.

Chapter 20

- Discusses the epidemic of youth sports injury in reference to the increase in youth sport participation.
- Presents information about recent alliances between medical and sports organizations in an attempt to protect youth athletes.

- Presents recognition, management, and referral of injuries and conditions that are common in youth athletic population.