

SECOND EDITION

ATHLETIC TAPING AND BRACING



DAVID H. PERRIN

Athletic Taping And Bracing 2nd Edition

David H. Perrin



Athletic Taping And Bracing 2nd Edition:

Athletic Taping and Bracing David H Perrin, PhD, Atc, FACSM, David H. Perrin, 2005 Completely overhauled and updated Athletic Taping and Bracing Second Edition is a leading text in its field Like the popular first edition it continues to integrate the science of anatomy and injury mechanisms with the practice of athletic taping and bracing The new edition is updated to reflect changes in the National Athletic Trainers Association NATA Education Council's Competencies in Athletic Training and the fourth edition of the NATA Board of Certification's Role Delineation Study Both students and professionals will use this text time and again as a reliable reference Athletic Taping and Bracing Second Edition has been significantly improved with the addition of more than 450 full color illustrations and photos These include 60 superb three dimensional anatomical images from Primal Pictures The photos that illustrate 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 It also contains step by step instructions for 36 taping and wrapping procedures 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 don'ts of taping and bracing To emphasize rehabilitation as well as prevention Athletic Taping and Bracing Second 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 Through Athletic Taping and Bracing Second Edition readers will learn the foundations and techniques of taping and bracing Taping and bracing are presented as adjuncts to rather than panaceas for the athlete's total rehabilitation The emphasis on rehabilitation as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems To complement the text the companion Sport Taping Basics DVD is also available The DVD brings the book to life by visually demonstrating 22 specific procedures Each procedure is shown in its entirety without disruption The taping procedure is then shown again to highlight the key steps of the procedure and includes close ups and correct positioning of the athletic trainer and athlete making the demonstrations easy to follow Perrin also demonstrates how to properly cut tear and remove tape Based on the previous Sport Taping Basics video set the expanded content and convenient DVD format makes it fast and simple for you to find and select the specific taping procedure you want to review Athletic Taping and Bracing Second Edition and the Sport Taping Basics DVD captures the art and science of taping and bracing through detailed explanations spectacular images and clear demonstrations Working individually or in tandem with one another the book and

DVD stay in step with current NATA competencies and practices and offer top quality instruction With all this Athletic Taping and Bracing Second Edition and Sport Taping Basics DVD are the premier instructional taping resources in the athletic training field HK DVDs are coded for universal playback and can be played in all regions of the world Athletic Taping and Bracing David H. Perrin,2012-02-03 The 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 don'ts 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 athlete's 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 Athletic Taping, Bracing, and Casting David H. Perrin,Ian A. McLeod,2025-09-15 Athletic Taping Bracing and Casting Fifth Edition introduces the most common and frequently applied taping bracing and casting procedures in clinical practice Over 600 photographs and medical illustrations and 57 videos depicting the techniques needed for each major joint and body region

are included **Strap Taping for Sports and Rehabilitation** Anne Keil,2012 This DVD provides detailed demonstrations of all strap taping applications **The Peroneal Tendons** Mark Sobel,2020-06-25 This unique book is a practical go to source of comprehensive information on the care of peroneal tendon injuries accurately illustrating this hot topic with many anatomical drawings of how the anatomy influences the diseases we see clinically This presentation opens with a review of the normal anatomy biomechanics and examination of the peroneal tendons followed by a discussion of congenital variations and imaging strategies used in diagnosis and evaluation Both conservative and surgical management techniques are then elucidated in injury specific chapters from peroneus brevis splits and stenosing tenosynovitis to painful os peroneum syndrome POPS and acute dislocation Chapters on rehabilitation and comorbid pathologies round out the presentation The diagnosis of peroneal tendon injury is much more common today than it was 20 years ago Utilizing the latest evidence and presenting the most cutting edge management techniques The Peroneal Tendons will be useful for orthopedic and podiatric surgeons sports medicine specialists and students and residents in these areas *Study Guide for the Board of Certification, Inc., Athletic Trainer Certification Examination* Susan Rozzi,Michelle Futrell,2019-10-24 A complete roadmap to success on the Board of Certification Athletic Trainer Certification Examination This popular study guide delivers everything students need to sit for the exam with confidence Core Concepts in Athletic Training and Therapy Susan Kay Hillman,2012-01-31 The e book format allows readers to bookmark highlight and take notes throughout the text When purchased through the HK site access to the e book is immediately granted when your order is received *Conservative Management of Sports Injuries* Thomas E. Hyde,Marianne S. Gengenbach,2007 This text embraces the philosophy of active conservative care and a multidisciplinary team approach to treatment It addresses site specific sports injuries as well as diagnostic imaging strength and conditioning nutrition and steroid use *Athletic taping and bracing* , **Sports Medicine** ,2000

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