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Stay current on the most relevant topics to athletic trainers and therapists

The responsibilities assumed by athletic trainers and athletic therapists demand continually updated knowledge on a variety of topics and impose severe constraints on the amount of time available for reading. In a concise, bimonthly format, the International Journal of Athletic Therapy & Training (IJATT—previously titled Athletic Therapy Today) provides insights into issues in professional practice, highlights techniques in clinical sports health care, shares experiential knowledge, and presents practical applications of current research. Due to IJATT’s dedication to presenting current information on the widest variety of relevant topics, the Medical Library Association identified it as one of three source journals for athletic therapists.

IJATT focuses on publishing content that is clinically relevant and is derived from review of research literature—thereby providing support for evidence-based clinical practice. In the past year, IJATT has featured articles addressing exercise-induced dyspnea, hyperthyroidism in a football player, and eye injuries in sport. In future issues, IJATT will continue to present a broad range of topics relevant to clinical care for sports injuries, sports performance optimization, and professional issues affecting clinicians in the field. The journal also includes a column addressing clinical practice innovations and controversial professional issues, written by John Parsons of the Arizona School for Health Sciences.

IJATT contains regular columns that address the daily challenges facing athletic trainers and athletic therapists. These columns offer tips for counseling athletes, injury-management techniques, prevention strategies, alternative and complementary concepts, athletic trainer education, functional rehabilitation, clinical and corporate perspectives, clinical evaluation and testing, and sports nutrition. In addition, IJATT offers book reviews and articles addressing a physician’s perspective on athletic training and therapy, disabilities and special needs, and professionalism and ethics. Each issue also includes a guest editorial by a professional in the field of athletic training or athletic therapy and a quiz on certified assessment that can be completed online for free BOC CEUs.

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Prevent and care for hamstring strains

Hamstring Strains presents the latest evidence in assessment, rehabilitation, and return-to-play criteria specific to hamstring injuries. Developed by two notable contributors to research on hamstring strain, the course explores who is most at risk for hamstring strain, what parts of the muscle tendon are commonly injured, and why those injuries occur. Interactive case studies and video clips provide real-life practice in identifying high-risk athletes and using evidence-based rehabilitation and treatment approaches to develop prevention programs.

A companion student text goes into further detail regarding research findings and the efficacy of functional testing. This electronic text includes 34 photos and video clips that provide demonstrations of unique exercises—such as progressive agility and trunk stabilization (PATS)—specifically designed for the rehabilitation and prevention of hamstring injury.

4.0 BOC CEUs • 4.0 ACSM CECs • 4.0 AH CECs • 6.0 CMTBC PDPs • 0.4 NSCA CEUs

Hamstring Strains
Marc Sherry, PT, LAT, CSCS, PES, and Thomas Best, MD, PhD
©2011 • Online course • ISBN 978-0-7360-8332-4
$44.00 ($47.95 CDN)

Examine lower extremity tendinopathies

Lower Extremity Tendinopathies helps clinicians better understand, evaluate, and treat these common injuries. The interactive course and e-book—written by leading tendinopathy researcher Jill Cook in conjunction with clinician Ebonie Scase—systematically reviews the pathology of lower limb tendinopathies and teaches you how to treat these challenging and often-recurring injuries. The course includes video of several functional assessments and discusses the advantages and disadvantages of ultrasound and MRI imaging for assessing tendinopathies.

This evidence-based course and text provide a thorough review of tendon anatomy, physiology, and biomechanics. You will gain insight into the complex and ongoing noninflammatory, pathological alterations that occur in the tendon matrix and discover a three-stage tendon pathology continuum that will enhance your clinical reasoning process and treatment regimens. After learning the essential background knowledge, you will move on to assessment techniques by looking at intrinsic factors—such as genetic profile, sex, body composition, previous injury, general health issues, and medications—as well as load-related training error to examine how they relate to tendon injuries.

5.0 BOC CEUs • 5.0 ACSM CECs • 4.0 AH CECs • 6.0 CMTBC PDPs • 0.7 NSCA CEUs

Lower Extremity Tendinopathies
Ebonie Scase and Jill Cook, PhD
©2010 • Online course • ISBN 978-0-7360-7722-4
$69.00 ($74.95 CDN)

Explore postop rehab for 14 surgical interventions

Postoperative Rehabilitation of Shoulder Pathologies helps rehabilitation professionals and physicians provide effective postoperative rehabilitation for various shoulder pathologies. The e-book explores 14 of the most common surgical interventions and provides a comprehensive rehabilitation protocol for each—including instructions, photos, video clips, and recommended sets and reps for each exercise. After reading the text, complete an online test to earn CEUs.

More than 50 exercises are clearly depicted with photos and can be easily printed for patients to take home and reference while practicing their exercises. In addition, approximately 35 video clips are included in the e-book that visually demonstrate the proper way to perform each exercise. You can access this easy-to-use reference on an iPad or handheld reader while you work with clients so you can play the videos as you explain the technique. In addition, all videos are listed on a reference page so they are even easier to find in the middle of a session.

4.0 BOC CEUs • 4.0 ACSM CECs • 4.0 AH CECs • 0.3 NSCA CEUs

Postoperative Rehabilitation of Shoulder Pathologies
Kevin Kostka, DPT, and Edwin E. Spencer, Jr., MD
©2011 • E-book and online test • ISBN 978-1-4504-1269-8
$59.00 ($63.95 CDN)

E-book also available separately!
$34.00 ($36.95 CDN)
Develop effective prevention programs for ACL injury

The Preventing Noncontact ACL Injuries online course and companion e-book presents the latest information for anterior cruciate ligament injury. It reviews ACL injury incidence, modifiable risk factors, risk factor assessments, and prevention strategies. The e-book includes 64 video clips of assessments and exercises that show you what to look for when assessing clients and recommending exercises, while the online course allows you to practice using two virtual athletes.

5.0 BOC CEUs • 5.0 ACSM CECS • 4.0 AH CECS • 0.8 NSCA CEUs

Treat and assess shoulder instability

This course covers information on basic shoulder anatomy and biomechanics, etiology and epidemiology of shoulder instability, and techniques for assessing shoulder instability. You will find evidence-based rehabilitation exercises for conservative and surgical management of instability, as well as guidelines for exercise progression during each stage of rehabilitation. Video clips demonstrate various assessment techniques, including extensive coverage of manual muscle tests.

6.0 BOC CEUs • 3.0 CATA CEUs • 5.0 ACSM CECS • 4.0 AH CECS

Master core training techniques

This online course and text will help you design core training programs that encompass strength, flexibility, endurance, and power. You will learn how to select exercises that are specific to a client’s needs and progress the exercises from basic to advanced. Interactive case studies with virtual clients allow you to practice identifying indicated and contraindicated exercises for various injuries and health conditions.

5.0 BOC CEUs • 4.0 ACSM CECS • 4.0 AH CECS • 15.0 BCRPA CECS

Core Assessment and Training

Jason Brumitt, MSPT, SCS, ATC, CSCS, *D
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$50.00 ($53.95 CDN)

Text also available separately!
©2010 • Paperback with DVD • 160 pp • ISBN 978-0-7360-7384-4
$39.00 ($41.95 CDN)

Text is required for successful completion of this course. Purchase “without text” version only if you already own text.

Evaluate dietary supplements

This interactive online course will teach you about the process for evaluating the safety and effectiveness of dietary supplements. You will learn the advantages and disadvantages of using dietary supplements and explain these to the athletes with whom you work.

6.0 BOC CEUs • 6.0 ACSM CECS • 4.0 AH CECS • 4.0 AFPA CEUs

Current Research in Supplements for Athletes

Marie Dunford, PhD, RD
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Stay abreast of medications commonly used in athletics

This course and companion text examines over-the-counter and prescription medications commonly used in athletics. It will help certified athletic trainers review pharmacodynamics and pharmacokinetic principles and keep informed of the advances in a variety of medications for infections, skin conditions, pain, and inflammation.

13.0 BOC CEUs • 5.0 CATA CEUs • 13.0 ACSM CECS • 1.0 NFPT CEC

Therapeutic Medications in Athletic Training, Second Edition
Michael C. Koester, MD, ATC, FAAP
©2008 • Online course
$134.00 ($144.95 CDN)
$114.00 ($122.95 CDN)

Text also available separately!
$29.00 ($30.95 CDN)

Text is required for successful completion of this course. Purchase “without text” version only if you already own text.

Educate clients in weight management

Weight Management offers a balanced, three-pronged approach to helping clients manage their weight: fitness programming, nutrition education, and behavioral coaching. It provides information on interpreting body mass index classifications and cholesterol, LDL, triglyceride, and HDL levels. You will be able to discuss with your clients the causes of obesity and the health risks associated with being overweight or obese. You will also learn which physical activity modes, intensity, duration, and frequency are effective for weight loss.

5.0 BOC CEUs • 5.0 ACSM CECS • 15.0 BCRPA CECS • 4.0 CPTN CECS
0.5 NSCA CEAs

Weight Management, Version 2.0
Susan Kundrat, MS, RD, CSSD, LDN
©2010 • Online course • ISBN 978-0-7360-7575-6
$59.00 ($63.95 CDN)

Modules are also available separately. BOC CEUs are not approved for individual modules.

Text is required for successful completion of this course. Purchase “without text” version only if you already own text.

Perfect myofascial release techniques

This course provides step-by-step instructions for using myofascial release to correct restrictions in connective tissue, normalize tissue mobility, and restore optimal function. Video clips demonstrate how to perform superficial release techniques, general release techniques, and several specific muscle techniques for treating deep restrictions in the upper and lower extremity fascia. By optimizing tissue elasticity, you will help athletes enhance performance and reduce the chances of injury.

4.5 BOC CEUs • 4.0 ACSM CECS • 4.0 AH CECS • 4.0 AFPA CEUs
8.0 CMTBC PDPs • 1.2 COPSKT CEUs

Myofascial Release in Sports Medicine, Version 1.1
Human Kinetics
©2008 • Online course • ISBN 978-0-7360-8665-3
$69.00 ($74.95 CDN)

Complete preparation materials for CSCS examination

In this interactive online review, a virtual seminar leader will lead you through a series of nine modules that will prepare you for the CSCS certification exam. Along with the companion textbook, Essentials of Strength Training and Conditioning, Third Edition (page 7), the modules will teach you how muscles develop with strength training and how different systems within the body react to various types of training.

40.0 BOC CEUs • 40.0 ACSM CECS

CSCS Online Review Series, Version 1.1
Ann F. Maliszewski, PhD, and Jay R. Hoffman, PhD, CSCS,*D
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$204.00 ($219.95 CDN)

Text is required for successful completion of this course.

Understand and apply upper extremity PNF techniques

This online course on proprioceptive neuromuscular facilitation (PNF) thoroughly covers the fundamental science as well as the techniques you need to aid upper extremity rehabilitation. Interactive activities facilitate understanding of PNF procedures and challenge users to apply the knowledge to develop rehabilitation programs for various upper extremity injuries. A companion electronic text features detailed descriptions, illustrations, and video demonstrations of PNF techniques and procedures.

9.0 BOC CEUs • 9.0 ACSM CECS • 4.0 AH CECS • 1.2 COPSKT CEUs
6.0 CMTBC PDPs • 1.0 NFPT CEC

PNF Techniques for Upper Extremity Rehabilitation
R. Barry Dale, PT, PhD, SCS, ATC, LAT
©2007 • Online course • ISBN 978-0-7360-6060-8
$124.00 ($133.95 CDN)

Rehabilitate lower extremity sports injuries

This course provides clear guidelines for clinical decision making and establishes a standard order for progressing through the treatment of lower extremity injuries. You will explore how to apply various treatment options, including modalities, manual therapies, open- and closed-chain resistive exercises, strength and conditioning training, and functional activities and testing. Video clips demonstrate a variety of treatment techniques, and case studies provide the opportunity to apply appropriate treatment goals and strategies to realistic injury scenarios.

12.0 BOC CEUs • 12.0 ACSM CECS • 4.0 AH CECS • 1.2 COPSKT CEUs

Progressive Rehabilitation of Lower Extremity Sports Injuries, Version 1.1
Craig R. Denegar, PhD, ATC, PT, Sayers John Miller, MA, ATS, PT, Jay Hertel, Med, ATC, and Dean Plafcan, MS, ATC, PT
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$99.00 ($106.95 CDN)
Examine and rehabilitate the hand and wrist

This course will teach you how to examine a patient and assess the patient’s history, learn about the safe and effective use of splints in a hand or wrist injury, review specific sports injuries to the hand and wrist, and how to design treatment plans for your athletes.

10.0 BOC CEUs • 4.0 AH CECs • 10.0 ACSM CECs • 1.2 COPSKT CEUs
1.0 NFPT CEC

The Hand and Wrist in Sport
Paul Brach, MS, PT, CHT, and Jane Fedorczyk, MS, PT, CHT, ATC
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$99.00 ($106.95 CDN)

Improve performance with healthy nutrition

This course will teach you to successfully use the Food Guide Pyramid, interpret food labels, answer questions regarding weight loss, and distinguish fact from fiction regarding sport nutrition. You will also gain a deeper understanding of your scope of practice as it relates to nutrition.

13.5 BOC CEUs • 2.0 CATA CEUs • 6.0 ACSM CECs • 4.0 AFPA CECs
4.0 AFTA CECs • 1.0 NFPT CEC

Current Trends in Performance Nutrition
Marie Dunford, PhD, RD
©2005 • Online course • ISBN 978-0-7360-5217-7
$99.00 ($106.95 CDN)

Learn how proper hydration aids athletic performance

Gain an understanding of the importance of fluid replacement for athletes by designing, implementing, and evaluating successful fluid replacement strategies. This online course explores the physiological, medical, and performance considerations associated with dehydration, and will teach you the factors influencing optimal hydration before, during, and after athletic events.

12.5 BOC CEUs • 4.0 AH CECs • 5.0 ACSM CECs • 4.0 AFTA CECs
1.0 NFPT CEC

Hydration for Athletes
Douglas J. Casa, PhD, ATC, FACSM, and John M. Rosene, DPE, ATC
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$99.00 ($106.95 CDN)

Treat injured athletes with electrical stimulation

This online course will give you an expanded, state-of-the-art understanding of techniques, protocols, instrumentation advances, and other concepts associated with electrotherapeutic intervention. A virtual mentor will guide you through a series of real-life situations and exercises that parallel what you will encounter in actual settings.

8.5 BOC CEUs • 4.0 AH CECs • 8.0 ACSM CECs • 1.0 NFPT CEC

Current Trends in the Use of Electrical Stimulation in Athletic Rehabilitation
Chad Starkey, PhD
©2002 • Online course • ISBN 978-0-7360-3408-1
$69.00 ($74.95 CDN)

Develop an effective spine injury management plan

This online course will help you understand the principles of spine injury management and learn the skills to evaluate, treat, and transport spine-injured athletes. The course is supplemented with interactive anatomy software to review the bones, joints, and muscles of the spine.

6.5 BOC CEUs • 4.0 AH CECs • 6.0 ACSM CECs • 1.2 COPSKT CEUs
6.0 CMTBC PDPs • 1.0 NFPT CEC

Spine Injury Management in Sport
John Reynolds, MS, ATC, and Jon Almquist, ATC
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