

franklin orthopaedics and sports medicine

franklin orthopaedics and sports medicine is a specialized field dedicated to diagnosing, treating, and preventing musculoskeletal injuries and conditions, particularly those related to sports and physical activity. This medical discipline combines advanced orthopedic techniques with sports medicine principles to help patients regain optimal function and return to their active lifestyles. Providers in franklin orthopaedics and sports medicine focus on comprehensive care, including surgical and non-surgical treatments, rehabilitation, and injury prevention strategies. Whether dealing with acute injuries, chronic conditions, or performance optimization, specialists strive to deliver personalized care tailored to each patient's unique needs. This article explores the key aspects of franklin orthopaedics and sports medicine, outlining treatment options, common conditions, rehabilitation approaches, and the role of advanced technology in patient care. The following sections will provide an in-depth understanding of the services and benefits offered by this important medical specialty.

- Overview of Franklin Orthopaedics and Sports Medicine
- Common Conditions Treated
- Treatment Options and Approaches
- Rehabilitation and Physical Therapy
- Role of Technology and Innovation
- Preventative Care and Injury Prevention

Overview of Franklin Orthopaedics and Sports Medicine

Franklin orthopaedics and sports medicine is an integrative medical specialty focused on the musculoskeletal system, including bones, joints, muscles, ligaments, and tendons. This field addresses injuries and disorders that commonly affect athletes and physically active individuals, as well as patients with degenerative or traumatic conditions. Orthopaedic surgeons and sports medicine specialists collaborate to offer comprehensive care ranging from diagnosis and nonsurgical management to complex surgical interventions. Their expertise encompasses a wide spectrum of issues, such as fractures, ligament tears, cartilage damage, and chronic pain syndromes.

This specialty emphasizes restoring mobility and functionality, reducing pain, and enhancing overall physical performance. Providers also focus on patient education and lifestyle modifications to promote long-term musculoskeletal health. Franklin orthopaedics and sports medicine centers often include multidisciplinary teams consisting of physicians, physical therapists, athletic trainers, and other healthcare professionals to ensure holistic care delivery.

Key Services Provided

Practitioners in franklin orthopaedics and sports medicine offer a variety of services tailored to patient needs. These include:

- Comprehensive musculoskeletal evaluations and diagnostics
- Arthroscopic and minimally invasive surgeries
- Joint replacement procedures
- Sports injury treatment and rehabilitation
- Physical therapy and conditioning programs
- Preventative screenings and injury risk assessments

Common Conditions Treated

Franklin orthopaedics and sports medicine specialists treat a broad range of conditions affecting the musculoskeletal system. These conditions often result from sports injuries, overuse, aging, or trauma. Identifying and managing these disorders early is crucial to prevent long-term disability and optimize recovery.

Sports-Related Injuries

Sports injuries are a primary focus of this specialty, affecting amateur and professional athletes alike. Common sports injuries include:

- Anterior cruciate ligament (ACL) tears
- Rotator cuff injuries
- Meniscal tears
- Achilles tendon ruptures
- Stress fractures
- Concussions and other traumatic injuries

These injuries often require specialized treatment protocols to restore joint stability, strength, and function.

Degenerative and Chronic Conditions

In addition to acute injuries, franklin orthopaedics and sports medicine addresses chronic conditions such as:

- Osteoarthritis and cartilage degeneration
- Tendinitis and bursitis
- Chronic lower back pain
- Repetitive strain injuries
- Joint instability and ligament laxity

Management of these conditions often involves a combination of medical therapy, physical rehabilitation, and when necessary, surgical intervention.

Treatment Options and Approaches

Effective treatment in franklin orthopaedics and sports medicine is grounded in a patient-centered approach that balances conservative measures with advanced surgical techniques. Treatment plans are customized based on the severity of the condition, patient activity levels, and overall health status.

Non-Surgical Treatments

Many musculoskeletal problems can be managed without surgery, especially if detected early. Non-surgical treatments include:

- Physical therapy and rehabilitation exercises
- Medications such as anti-inflammatory drugs and pain relievers
- Injections, including corticosteroids and platelet-rich plasma (PRP)
- Bracing and orthotic devices
- Activity modification and rest

These approaches aim to reduce pain, improve function, and promote natural healing.

Surgical Interventions

When conservative treatments are insufficient, surgical options may be necessary to repair damaged

tissues or replace joints. Common procedures performed in franklin orthopaedics and sports medicine include:

- Arthroscopic surgery for joint repair and debridement
- Ligament reconstruction, such as ACL repair
- Joint replacement surgeries for knees, hips, and shoulders
- Fracture fixation using plates, screws, or rods
- Tendon repair and transplantation

Advancements in minimally invasive techniques have improved recovery times and outcomes for many surgical patients.

Rehabilitation and Physical Therapy

Rehabilitation is a critical component of franklin orthopaedics and sports medicine, designed to restore strength, flexibility, and function following injury or surgery. Customized physical therapy programs facilitate gradual return to activity and help prevent re-injury.

Customized Rehabilitation Plans

Physical therapists work closely with orthopaedic specialists to develop individualized rehabilitation plans that address each patient's specific needs. These plans typically include:

- Range of motion exercises to improve joint flexibility
- Strength training to rebuild muscle support
- Balance and coordination drills
- Functional training to simulate sport-specific or daily activities
- Pain management techniques such as manual therapy and modalities

Rehabilitation duration varies depending on injury severity and patient goals but is essential for achieving optimal recovery.

Role of Athletic Trainers

Athletic trainers often collaborate within franklin orthopaedics and sports medicine teams to provide on-field injury assessment, emergency care, and ongoing rehabilitation support. Their expertise helps athletes safely return to competition and maintain peak performance levels.

Role of Technology and Innovation

Technology plays a vital role in advancing the care provided by franklin orthopaedics and sports medicine. Innovative tools enhance diagnosis, treatment precision, and patient outcomes.

Diagnostic Imaging and Assessment Tools

Modern imaging techniques such as MRI, CT scans, and ultrasound allow for detailed visualization of musculoskeletal structures, aiding accurate diagnosis. Motion analysis and biomechanical assessments further help in understanding injury mechanisms and guiding treatment plans.

Minimally Invasive and Robotic Surgery

Minimally invasive arthroscopic procedures reduce tissue damage and promote faster recovery. Robotic-assisted surgeries enhance surgical accuracy and control, improving results in complex joint replacements and reconstructive surgeries.

Regenerative Medicine

Emerging regenerative therapies, including stem cell treatments and platelet-rich plasma (PRP) injections, are increasingly utilized within franklin orthopaedics and sports medicine to accelerate healing and reduce inflammation.

Preventative Care and Injury Prevention

Preventing injuries is a fundamental goal of franklin orthopaedics and sports medicine. By focusing on education, conditioning, and early intervention, healthcare providers help patients minimize the risk of musculoskeletal problems.

Injury Risk Assessment

Comprehensive screening for biomechanical imbalances, muscle weaknesses, and flexibility deficits enables clinicians to identify individuals at higher risk for injury. These assessments guide targeted prevention strategies.

Conditioning and Training Programs

Customized conditioning programs improve strength, endurance, and joint stability, which are essential for reducing injury risk in athletes and active individuals. These programs often include:

- Strength and resistance training
- Flexibility and mobility exercises

- Neuromuscular training and proprioception drills
- Proper warm-up and cool-down routines

Education and Awareness

Providers emphasize patient and athlete education regarding proper techniques, ergonomics, and recovery protocols to promote safer participation in sports and physical activities. Awareness of early symptoms encourages timely medical evaluation and intervention.

Frequently Asked Questions

What services does Franklin Orthopaedics and Sports Medicine offer?

Franklin Orthopaedics and Sports Medicine offers a wide range of services including orthopedic surgery, sports injury treatment, physical therapy, joint replacement, fracture care, and rehabilitation.

Where is Franklin Orthopaedics and Sports Medicine located?

Franklin Orthopaedics and Sports Medicine is located in Franklin, Tennessee, serving patients in the surrounding Middle Tennessee area.

Does Franklin Orthopaedics and Sports Medicine treat sports injuries for all age groups?

Yes, Franklin Orthopaedics and Sports Medicine provides specialized care for sports injuries across all age groups, from young athletes to adults and seniors.

Can Franklin Orthopaedics and Sports Medicine help with knee pain and injuries?

Yes, the clinic offers comprehensive evaluation and treatment options for knee pain and injuries, including minimally invasive surgery, physical therapy, and non-surgical interventions.

How can I schedule an appointment with Franklin Orthopaedics and Sports Medicine?

You can schedule an appointment by calling their office directly or by visiting their official website and using the online appointment request form.

Does Franklin Orthopaedics and Sports Medicine accept insurance?

Yes, Franklin Orthopaedics and Sports Medicine accepts most major insurance plans. It is recommended to contact their office to verify specific insurance coverage.

What makes Franklin Orthopaedics and Sports Medicine a trusted provider in the community?

Franklin Orthopaedics and Sports Medicine is trusted due to its experienced team of board-certified physicians, personalized patient care, advanced treatment techniques, and commitment to patient recovery and wellness.

Are physical therapy services available at Franklin Orthopaedics and Sports Medicine?

Yes, they offer on-site physical therapy services designed to aid recovery and improve mobility following injuries or surgeries.

Additional Resources

1. Franklin Orthopaedics: Foundations and Advances

This comprehensive textbook covers the essential principles and latest advancements in orthopaedics as practiced at Franklin Orthopaedics. It includes detailed chapters on musculoskeletal anatomy, diagnostic techniques, surgical procedures, and rehabilitation protocols. Ideal for both residents and practicing surgeons, the book blends theoretical knowledge with practical insights from leading Franklin specialists.

2. Sports Medicine Essentials: Techniques and Treatments from Franklin Orthopaedics

Focusing on sports-related injuries, this book offers an in-depth look at injury prevention, diagnosis, and treatment strategies used by Franklin Orthopaedics. It covers common athletic injuries across various sports and provides evidence-based rehabilitation plans to ensure optimal recovery. The text is enriched with case studies and expert commentary from sports medicine physicians.

3. Minimally Invasive Orthopaedic Surgery in Sports Medicine

Highlighting the minimally invasive surgical techniques pioneered at Franklin Orthopaedics, this book explores arthroscopic procedures and innovative approaches to treating sports injuries. It discusses patient selection, surgical tools, and postoperative care, emphasizing faster recovery times and reduced complications. Surgeons and sports medicine practitioners will find this a valuable resource for cutting-edge interventions.

4. Rehabilitation Protocols in Franklin Sports Medicine

This book provides a detailed guide on rehabilitation protocols tailored for athletes recovering from orthopaedic surgeries and injuries. Developed by Franklin Orthopaedics' multidisciplinary team, it covers physical therapy techniques, strength training, and return-to-play criteria. The focus is on personalized rehabilitation plans that enhance healing and prevent re-injury.

5. Pediatric Sports Injuries: Insights from Franklin Orthopaedics

Addressing the unique challenges of sports injuries in children and adolescents, this book offers guidance on diagnosis, treatment, and growth-related considerations. Franklin Orthopaedics specialists contribute their clinical experiences and research findings, making it an essential reference for clinicians treating young athletes. The text also emphasizes injury prevention and safe sports participation.

6. Advanced Imaging in Orthopaedics and Sports Medicine

This volume explores the role of imaging modalities such as MRI, CT, and ultrasound in diagnosing musculoskeletal injuries at Franklin Orthopaedics. It explains imaging protocols, interpretation skills, and how imaging guides treatment decisions. Radiologists, orthopaedic surgeons, and sports medicine professionals will benefit from the detailed case examples.

7. Franklin Orthopaedics in the Management of Complex Sports Injuries

Focusing on complicated cases, this book discusses multidisciplinary approaches to managing severe sports injuries, including ligament reconstructions and fracture repairs. It highlights Franklin Orthopaedics' protocols for surgical intervention, postoperative care, and long-term athlete monitoring. The comprehensive approach aims to restore function and athletic performance.

8. Biomechanics and Injury Prevention in Sports Medicine

This text delves into the biomechanical principles underlying sports injuries and the preventive strategies employed by Franklin Orthopaedics experts. It covers movement analysis, equipment design, and training modifications to reduce injury risk. Coaches, trainers, and medical professionals will find practical advice for enhancing athlete safety.

9. Emerging Trends in Orthopaedic Sports Medicine: A Franklin Perspective

Offering a forward-looking view, this book presents the latest innovations and research trends in orthopaedic sports medicine from Franklin Orthopaedics. Topics include regenerative medicine, biologics, wearable technology, and data-driven treatment models. It serves as a valuable resource for clinicians and researchers aiming to stay at the forefront of the field.

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franklin orthopaedics and sports medicine: Netter's Sports Medicine E-Book Christopher Madden, Margot Putukian, Eric McCarty, Craig Young, 2013-11-25 Netter's Sports Medicine, by Christopher C. Madden, MD, Margot Putukian, MD, FACSM, Craig C. Young, MD, and Eric C. McCarty, MD, is a reference designed to help you meet the challenges presented by your patients in this growing interdisciplinary field. More than 1,000 Netter images, along with photos of physical examination techniques and imaging examples, provide a rich visual understanding, while a bulleted text format, combined with a user-friendly organization by specific types of injuries as well as different types of sports, makes reference quick and easy. Discussions of a full range of sports—traditional as well as less common—ensure that the coverage is comprehensive and up to date. From pre-participation exams, musculoskeletal injuries, sports nutrition, and sports

psychology...to general medical problems in athletes...this reference equips you with the guidance you need to keep your patients at the top of their game. Presents more than 1,000 Netter illustrations accompanied by photos of physical examination techniques, radiographs, and other imaging techniques—including CT and MRI—that equip you with a rich visual understanding of sports medicine. Features a bulleted text format for quick-read guidance. Organizes information by specific types of injuries as well as different types of sports for an easy-to-access reference. Discusses traditional along with less common sports for comprehensive coverage that is up to date. Includes a section that examines considerations for specific athlete populations, including children, women, the senior athlete and the physically challenged, to help you meet their special needs. Presents the cross-disciplinary contributions of primary care physicians, athletic trainers, physical therapists, dentists, orthopaedic surgeons, and others, who provide a well-rounded perspective on the subject. Combines current, evidence-based information with expert clinical guidance for a high-yield reference.

franklin orthopaedics and sports medicine: The Athlete's Shoulder James R. Andrews, Kevin E. Wilk, Michael M. Reinold, 2008-10-30 The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. - Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. - Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. - Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. - Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. - Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. - Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

franklin orthopaedics and sports medicine: Arthritis & Arthroplasty Thomas E. Brown, 2009-01-01 Offering state-of-the-art guidance on challenging issues in total knee replacement and reconstruction, this resource includes a DVD with procedural videos and access to additional materials online.

franklin orthopaedics and sports medicine: OrthoBiologics Rachel M. Frank, Jorge Chahla, Garrett Jackson, 2024-08-15 OrthoBiologics provides state-of-the-art knowledge of current biologic therapies for a variety of orthopaedic conditions in a single source. The content is presented in a straightforward manner, including defining all currently available orthobiologic options, discussing processing characteristics and appropriate clinical use, and finally, summarizing clinical applications and outcomes as well as future potential directions. In addition to covering current approaches and applications, the editors aim for this book to present best practices for those practicing and researching orthopaedic pathologies and orthobiologic treatments, including blood and cellular based therapies. The editors are world-renown experts in the field and this book fills a gap in the market. - Presents the current state-of-the-art treatments for orthobiologics, including PRP, stem cell therapy, growth factors, scaffolds, and more - Includes a comprehensive overview of orthobiologics, including definitions, terminology, processing characteristics, clinical outcomes, and more - Presents current information on the ever-changing regulatory environment - Provides real-time information

on clinical and surgical utilization of orthobiologics - Written for clinicians, researchers, and students, with content relevant to all those who participate in orthobiologic research and treatment, including orthopaedic surgeons, sports medicine specialists, rheumatologists, physiatrists, and any/all clinicians and researchers with an interest in orthobiologics and regenerative medicine.

franklin orthopaedics and sports medicine: Morrey's The Elbow and Its Disorders

E-Book Bernard F. Morrey, Joaquin Sanchez Sotelo, Mark E. Morrey, 2017-05-05 Revised to include the most up-to-date surgical techniques and their outcomes, Morrey's The Elbow and Its Disorders, 5th Edition, is an essential reference for today's orthopaedic surgeons, appealing both to those in general practice and those with a subspecialty interest in elbow surgery. This edition by Drs. Bernard Morrey, Mark Morrey, and Joaquin Sanchez-Sotelo, provides a practical focus on technique - both in the text and on dozens of high-quality instructional videos produced at the Mayo Clinic. Authoritative guidance from leading experts enables you to provide optimal care to your patients - even those with the most challenging elbow problems. - Covers all major areas of elbow surgery, including arthroscopy, trauma, sports, pediatrics, arthroplasty, and salvage procedures. - Supplements the text with full-color-photos, illustrations, and diagrams for a more instructive and visually appealing approach. - Provides expanded coverage of key topics in trauma, soft tissue procedures, joint replacement techniques, and innovative techniques for addressing cartilage lesions and restoring joint motion. - Includes over 2 hours of exam and procedural videos - such as arthroscopic procedures, fracture fixation, arthroplasty, and other reconstructive techniques - performed by the experts online for step-by-step guidance. - Features a new section on arthroscopic surgical procedures, now with expanded indications and evolving techniques. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

franklin orthopaedics and sports medicine: Indianapolis Monthly, 2006-07

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franklin orthopaedics and sports medicine: Quality, Value, and Patient Safety in Orthopedic Surgery, An Issue of Orthopedic Clinics Frederick M. Azar, 2018-09-20

This issue of Orthopedic Clinics will survey a broad range of topics across sub-specialty areas on Quality, Value, and Patient Safety in Orthopedic Surgery. Each issue in the series is edited by an experienced team of surgeons from the prestigious Campbell Clinic. Articles in this issue will cover the following topics: Improving Joint Replacement with Continuous Quality Improvement Methods and Tools, Osteolysis as it Pertains to Total Hip Arthroplasty, Perioperative Safety, Pediatric Spine Surgery, Standardization of Care of Common Pediatric Fractures, The volume-value relationship in shoulder arthroplasty, Practicing cost-conscious shoulder surgery, Patient Safety with Driving after Foot and Ankle Surgery, Optimizing Outpatient Total Ankle Replacement from Clinic to Pain Management, The Role of Generic Implants in Orthopaedic Trauma, and The Role of Business Education in the Orthopaedic Curriculum, among others.

franklin orthopaedics and sports medicine: Essential Orthopaedics Mark D. Miller, Jennifer

Adele Hart, John M. MacKnight, 2010-01-01 Noted authority Mark D. Miller, MD, together with a stellar editorial team and numerous contributors representing a breadth of specialty areas within orthopaedics and primary care, offers you the comprehensive, multidisciplinary insight you need to confidently diagnose and treat sprains, fractures, arthritis and bursitis pain, and other musculoskeletal problems, or refer them when appropriate. Videos on DVD demonstrate how to perform 29 joint injections, 7 common physical examinations, a variety of tests, and 6 splinting and casting procedures. Presents multidisciplinary coverage that provides authoritative orthopaedic guidance oriented towards the practical realities of primary care practice.

franklin orthopaedics and sports medicine: The Multiple Ligament Injured Knee

Gregory C. Fanelli, 2013-06-29 This is not just another book on the knee. Dr. Fanelli's book, The

Multiple Ligament Injured Knee: A Practical Guide to Management, written with a team of experienced contributors, is about a subject that is pertinent, as well as often underestimated and underappreciated. The surgeon's thorough knowledge of this subject is essential for the care of the patient with multiple ligaments injured in the knee. Such knowledge is indispensable if the patient's well-being and future function are to be restored. Time, technique, judgment, and decisiveness are critical. These are the surgeon's responsibilities. We have all come to be arthroscopic knee surgeons. We cannot, however, let this diminish our judgment or skill in open surgery. Often in the multiply compromised knee, open surgery is a requisite. We must return to the principles that Drs. O'Donoghue, Slocum, Hughston, Trillat, Mueller—the fathers of modern knee surgery—taught us. Open exposure may be essential in some cases; we must know when it is necessary. This textbook helps resolve the impasse that often occurs in this arena of evolving art and science. Young surgeons who were not there before the arthroscope might not appreciate the awful injury that frequently is associated with the multiple ligament knee injury. We all know Dr. O'Donoghue's firm dictum that early diagnosis and anatomic repair is the best and most appropriate method of treatment. Time has not invalidated this advice.

franklin orthopaedics and sports medicine: DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller, Stephen R. Thompson, 2018-12-20 Indispensable for both surgeons and sports medicine physicians, DeLee, Drez, & Miller's Orthopaedic Sports Medicine: Principles and Practice, 5th Edition, remains your go-to reference for all surgical, medical, rehabilitation and injury prevention aspects related to athletic injuries and chronic conditions. Authored by Mark D. Miller, MD and Stephen R. Thompson, MD, this 2-volume core resource provides detailed, up-to-date coverage of medical disorders that routinely interfere with athletic performance and return to play, providing the clinically focused information you need when managing athletes at any level. - Provides a unique balance of every relevant surgical technique along with extensive guidance on nonsurgical issues—making it an ideal reference for surgeons, sports medicine physicians, physical therapists, athletic trainers, and others who provide care to athletes. - Offers expanded coverage of revision surgery, including revision ACL and revision rotator cuff surgery. - Features additional coverage of cartilage restoration procedures and meniscal transplantation. - Provides significant content on rehabilitation after injury, along with injury prevention protocols. - Includes access to a comprehensive video collection, with more than 100 videos new to this edition. - Retains key features such as coverage of both pediatric and aging athletes; a streamlined organization for quick reference; in-depth coverage of arthroscopic techniques; extensive references; levels of evidence at the end of each chapter; and Author's Preferred Technique sections. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

franklin orthopaedics and sports medicine: Operative Techniques: Sports Knee Surgery E-Book Mark D. Miller, Brian J. Cole, Andrew Cosgarea, Jon K. Sekiya, 2008-07-11 This multimedia resource offers you all the how-to step-by-step guidance you need to perform all of the latest and best techniques in sports knee surgery. The complete, lavishly illustrated volume is made even better with a state-of-the-art companion web site! With chapters on such hot topics as knee arthroscopy and meniscus, articular cartilage procedures, knee ligament procedures, and patellofemoral procedures, you will appreciate the clear and concise, detailed, and visual approach of this atlas and video collection. Large full-color intraoperative photos, diagrammable illustrations, dedicated website, and companion DVD demonstrate the full range of procedures. This short, accessible multimedia resource shows you what you need to know and how to do it all. The result is a detailed, easy-to-use reference that no orthopedic surgeon should be without. This is a title in the Operative Techniques series. Please visit www.operativetechniques.com for more information. Includes full-text web access so you can search the text online and surgical video clips that let you see the experts perform the techniques and perfect your own. Discusses pearls and pitfalls with an emphasis on optimizing outcomes to improve the quality of your technique and learn the expert's

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franklin orthopaedics and sports medicine: **AAOS Essentials of Musculoskeletal Care**
AAOS, April Armstrong, Mark C. Hubbard, 2018-06-26 Essentials of Musculoskeletal Care, Enhanced Fifth Edition is a robust educational resource focused on how to evaluate and manage common musculoskeletal conditions. This text is used for immediate, point-of-care guidance in decision making and intervention and is a powerful educational product for many health professions dealing with the care of the musculoskeletal system. The easy-to-understand content and crisp presentation appeal to health care professionals and students. It is also a powerful tool to help educate patients regarding conditions and treatment.

franklin orthopaedics and sports medicine: Managing Pediatric Obesity Using Advanced Therapies Claudia K. Fox, 2023-11-26 Treatment of pediatric obesity, to date, has largely focused on lifestyle therapy. While lifestyle therapy is essential for obesity management, it is often insufficient, particularly for youth who have severe forms of the disease. Underlying the limitations of lifestyle therapy is the recognition that obesity is a biological disorder of the energy regulatory system and accordingly, to effectively manage obesity, the underpinning pathophysiology needs to be addressed. This pathophysiology can be targeted with more advanced therapies including anti-obesity medications and metabolic and bariatric surgery, two treatment strategies supported by the American Academy of Pediatrics. Written by leading experts in the field, A Practical Guide to Managing Pediatric Obesity is comprised of thirteen chapters, each including suggested protocols and case examples. The first chapter details the complex pathophysiology of obesity and sets the stage for why advanced therapies are critical for effective obesity management. Chapter two provides guidance on best practices for communicating with patients and families about obesity. The next three chapters provide direction on how to do a comprehensive patient assessment, and employ dietary and physical activity interventions. The heart of this guidebook is the chapter on pharmacological treatments, which details the mechanisms of action, research results, and recommendations for anti-obesity medication selection and monitoring outlined in a step-by-step fashion. Pre- and post-operative care for the pediatric bariatric surgery patient is detailed in the next chapter. Assessment and management of behavioral and psychological complications, type 2 diabetes, non-alcoholic fatty liver disease, polycystic ovary syndrome, hypertension, and dyslipidemia are covered in the subsequent five chapters. Syndromic and monogenic obesity are discussed in the final chapter.

franklin orthopaedics and sports medicine: **The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book** Chadwick Prodromos, 2017-05-31 The Anterior Cruciate Ligament: Reconstruction and Basic Science, 2nd Edition, by Dr. Chadwick Prodromos, provides the expert guidance you need to effectively select the right procedure and equipment, prevent complications, and improve outcomes for every patient. Written and edited by world leaders in hamstring, allograft, and bone-patellar tendon-bone (BTB) ACL reconstruction, this revised reference is a must-have resource for the full range of anterior cruciate ligament reconstruction techniques, plus fixation devices, rehabilitation, revision ACLR surgery, and much more! - Covers the latest clinical and technical information on pain control, genetics and biologics, the use of ultrasound, and much more. - EBook access features an exhaustive ACL bibliography database more

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franklin orthopaedics and sports medicine: Pediatric and Adolescent Knee Injuries: Evaluation, Treatment, and Rehabilitation, An Issue of Clinics in Sports Medicine, E-Book Matthew D. Milewski, 2022-10-12 In this issue, guest editors bring their considerable expertise to this important topic. Provides in-depth reviews on the latest updates in the field, providing actionable insights for clinical practice. Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create these timely topic-based reviews.

franklin orthopaedics and sports medicine: *Canine Sports Medicine and Rehabilitation* Chris Zink, Janet B. Van Dyke, 2025-07-28 Comprehensive reference on all aspects of sports medicine and rehabilitation in dogs, presenting the latest research through a clinical approach Grounded in the latest scientific literature, *Canine Sports Medicine and Rehabilitation, Third Edition*, presents the state of the art in sports medicine and rehabilitation in dogs, offering practical advice and strategies for examining, treating, and managing canine athletes, working dogs, and companion dogs. The book features more than 500 clinical photographs, radiographs, and line drawings throughout to demonstrate key concepts. New chapters in this revised and updated Third Edition, including the work of 34 new authors, discuss the multimodal approach to managing osteoarthritis, interventional pain management, assistive devices, newly recognized issues specific to working dogs such as police and assistance dogs, the current status of the business of sports medicine and rehabilitation, and more. Chapters from the previous edition have been extensively revised to reflect the latest science. Written by 57 leading international experts in the field, including 34 new authors, *Canine Sports Medicine and Rehabilitation* explores: Locomotion and athletic performance, musculoskeletal structure and physiology, the role of nutrition in performance and rehabilitation, and imaging in canine sports medicine Manual therapy, physical modalities, therapeutic exercise, aquatic therapy, and conditioning and retraining Assistive devices, orthotics, prosthetics, biological therapies Interdisciplinary collaboration, acupuncture, spinal manipulation, and rehabilitation options for geriatric patients Veterinary diagnosis and treatment and evaluation and rehabilitation for disorders of the thoracic limb, pelvic limb, spine, and neurologic system *Canine Sports Medicine and Rehabilitation* is an essential reference for veterinarians, physical therapists, veterinary technicians, and anyone interested in working with canine athletes or offering rehabilitation therapy in their practice, including sports medicine specialists and dog handlers.

franklin orthopaedics and sports medicine: *The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning* Kevin Wilk, David Joyner, 2024-06-01 *The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning* is a definitive and scientifically based text on the use and application of aquatic methodologies in both rehabilitation and physical conditioning appropriate for the general population to the elite athlete. *The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning* represents a new generation of rehabilitation that is informative enough to be injury and sports specific. Dr. Kevin E. Wilk and Dr. David M. Joyner, along with noted

domestic and international leaders in the field, explore the aquatic techniques and principles detailed in the work, while presenting this scientifically based material in an understandable and user-friendly format. Ten chapters take the reader from the history of aquatic rehabilitation and progress to discuss all parameters of aquatic rehabilitation. Some chapter topics include: • History, theory, and applications of aquatic therapy • Pool selection, facility design, and engineering considerations • Rehabilitation for the upper and lower extremities and spine • Sports-specific training • Research evidence for the benefits of aquatic exercise • Appendices, including 4 specific protocols for various lesions and disorders

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