

# idaho sports medicine institute boise

**idaho sports medicine institute boise** is a leading healthcare facility specializing in the diagnosis, treatment, and prevention of sports-related injuries and musculoskeletal conditions in the Boise area. This institute combines advanced medical expertise, state-of-the-art technology, and a multidisciplinary approach to deliver comprehensive care for athletes and active individuals. Whether recovering from surgery, seeking injury prevention strategies, or managing chronic pain, patients at the Idaho Sports Medicine Institute Boise receive personalized treatment plans tailored to their unique needs. The institute's team includes orthopedic surgeons, physical therapists, and sports medicine specialists who collaborate to optimize patient outcomes and accelerate recovery. This article explores the services, specialties, and patient care philosophy that make the Idaho Sports Medicine Institute Boise a trusted resource in sports medicine. The following sections provide an in-depth look at the institute's offerings, expert team, treatment methodologies, and patient resources.

- Overview of Idaho Sports Medicine Institute Boise
- Comprehensive Sports Medicine Services
- Expert Team and Medical Professionals
- Advanced Diagnostic and Treatment Technologies
- Rehabilitation and Physical Therapy Programs
- Patient Resources and Community Engagement

## Overview of Idaho Sports Medicine Institute Boise

The Idaho Sports Medicine Institute Boise is dedicated to providing high-quality care for individuals experiencing sports-related injuries and orthopedic conditions. The institute focuses on restoring function, reducing pain, and enhancing performance through evidence-based medical practices. It serves a diverse patient population ranging from professional athletes to weekend warriors and active seniors. Located in the heart of Boise, the institute offers convenient access to specialized care with a commitment to patient-centered treatment plans. Its reputation for clinical excellence and innovative treatment protocols has positioned it as a leader in the region.

## Comprehensive Sports Medicine Services

Idaho Sports Medicine Institute Boise offers a wide array of services designed to address various musculoskeletal issues. These services encompass both surgical and non-surgical treatments aimed at injury prevention, acute injury management, and long-term

rehabilitation.

## **Injury Diagnosis and Treatment**

Accurate diagnosis is critical for effective treatment at the Idaho Sports Medicine Institute Boise. The facility utilizes advanced imaging techniques and clinical evaluations to identify conditions such as ligament tears, tendonitis, fractures, and joint disorders. Treatment options include:

- Minimally invasive arthroscopic surgery
- Medication management
- Platelet-rich plasma (PRP) therapy
- Regenerative medicine approaches
- Bracing and orthotic support

## **Sports Injury Prevention Programs**

The institute emphasizes proactive measures to minimize injury risk through tailored conditioning and education programs. These initiatives focus on biomechanics analysis, strength training, and flexibility enhancement to improve athletic performance and reduce the likelihood of injury.

## **Expert Team and Medical Professionals**

The Idaho Sports Medicine Institute Boise is staffed by a multidisciplinary team of specialists who bring extensive experience and knowledge in sports medicine and orthopedics. Collaboration among surgeons, physicians, physical therapists, athletic trainers, and other healthcare professionals ensures comprehensive patient care.

## **Orthopedic Surgeons**

Board-certified orthopedic surgeons at the institute specialize in sports-related surgeries including ACL reconstruction, rotator cuff repair, and cartilage restoration. Their expertise ensures that patients receive the most advanced surgical interventions when necessary.

## **Physical Therapists and Rehabilitation Experts**

Physical therapists develop individualized rehabilitation plans to facilitate recovery and restore function after injury or surgery. Their approach integrates manual therapy,

therapeutic exercises, and modality treatments to optimize healing.

## **Advanced Diagnostic and Treatment Technologies**

The Idaho Sports Medicine Institute Boise employs cutting-edge diagnostic tools and treatment technologies to enhance patient outcomes. These innovations allow for precise assessment and minimally invasive interventions.

### **Imaging and Diagnostic Tools**

The institute utilizes high-resolution MRI, ultrasound, and digital X-rays to accurately diagnose sports injuries. These imaging modalities provide detailed visualization of soft tissue and bone structures critical for treatment planning.

### **Minimally Invasive Surgical Techniques**

Arthroscopy and other minimally invasive procedures reduce recovery times and surgical risks. The institute's surgeons are proficient in using advanced instruments and techniques to perform effective repairs with minimal tissue disruption.

## **Rehabilitation and Physical Therapy Programs**

Rehabilitation is a fundamental component of care at the Idaho Sports Medicine Institute Boise. Comprehensive therapy programs are designed to restore mobility, strength, and function while preventing re-injury.

### **Customized Rehabilitation Plans**

Each patient receives a tailored rehabilitation protocol based on their specific injury, surgery, and personal goals. Programs typically include:

- Range of motion exercises
- Strength and conditioning
- Balance and proprioception training
- Functional movement retraining
- Sport-specific drills

## **Return-to-Play Assessments**

Before resuming athletic activities, patients undergo thorough evaluations to ensure full recovery and minimize risk of recurrent injury. These assessments guide safe progression back to competitive or recreational sports.

## **Patient Resources and Community Engagement**

The Idaho Sports Medicine Institute Boise prioritizes patient education and community involvement as part of its holistic approach to health and wellness.

## **Educational Workshops and Seminars**

The institute regularly hosts programs that inform patients and the community about injury prevention, nutrition, and overall sports health. These initiatives empower individuals to make informed decisions regarding their physical well-being.

## **Support Services and Patient Communication**

Comprehensive support services including patient counseling, appointment coordination, and follow-up care ensure a seamless healthcare experience. The institute encourages open communication between patients and providers to facilitate optimal treatment outcomes.

## **Frequently Asked Questions**

### **What services does Idaho Sports Medicine Institute in Boise offer?**

Idaho Sports Medicine Institute in Boise offers comprehensive sports medicine services including injury diagnosis, treatment, physical therapy, surgical interventions, and rehabilitation for athletes and active individuals.

### **Who are the primary physicians at Idaho Sports Medicine Institute Boise?**

The primary physicians at Idaho Sports Medicine Institute Boise are board-certified orthopedic surgeons and sports medicine specialists with extensive experience in treating sports-related injuries.

### **Does Idaho Sports Medicine Institute Boise provide**

## **physical therapy?**

Yes, Idaho Sports Medicine Institute Boise provides on-site physical therapy services to help patients recover from injuries and improve athletic performance.

## **Can I get a sports injury consultation at Idaho Sports Medicine Institute Boise without a referral?**

Yes, Idaho Sports Medicine Institute Boise typically allows patients to schedule a consultation without a referral, but it's best to check with their office for specific insurance requirements.

## **What types of sports injuries are treated at Idaho Sports Medicine Institute Boise?**

They treat a wide range of sports injuries including ACL tears, rotator cuff injuries, tendonitis, fractures, sprains, and overuse injuries among others.

## **Does Idaho Sports Medicine Institute Boise offer surgical treatment for sports injuries?**

Yes, they offer minimally invasive and advanced surgical treatments for sports injuries performed by experienced orthopedic surgeons.

## **How can I make an appointment with Idaho Sports Medicine Institute in Boise?**

You can make an appointment by calling their office directly, visiting their website to book online, or through a referral from your primary care physician.

## **Is Idaho Sports Medicine Institute Boise covered by insurance?**

Idaho Sports Medicine Institute Boise accepts a variety of insurance plans, but patients should verify coverage with their insurance provider and the clinic prior to services.

## **Where is Idaho Sports Medicine Institute located in Boise?**

Idaho Sports Medicine Institute is located in Boise, Idaho, with a central office conveniently accessible to residents, but the exact address can be found on their official website.

## **What makes Idaho Sports Medicine Institute Boise a top choice for athletes?**

Idaho Sports Medicine Institute Boise is renowned for its specialized care, experienced

sports medicine physicians, state-of-the-art facilities, and comprehensive rehabilitation programs tailored for athletes of all levels.

## **Additional Resources**

### *1. Comprehensive Guide to Idaho Sports Medicine*

This book offers an in-depth look at sports medicine practices specific to Idaho's unique athletic environment. It covers injury prevention, diagnosis, and rehabilitation techniques commonly used in the region. Readers will gain insights into the collaboration between local sports medicine institutes and athletic programs.

### *2. Injury Prevention and Rehabilitation at Idaho Sports Medicine Institute*

Focusing on the protocols and therapies used at the Idaho Sports Medicine Institute in Boise, this book details evidence-based approaches to preventing and treating sports injuries. It includes case studies and patient success stories that highlight effective rehabilitation strategies. The guide is ideal for athletes, coaches, and medical professionals alike.

### *3. Boise's Athletic Health: Advances in Sports Medicine*

This volume explores the latest advancements in sports medicine as practiced in Boise, Idaho. It highlights innovative treatments and technologies employed at leading facilities such as the Idaho Sports Medicine Institute. The book also discusses the importance of multidisciplinary care in optimizing athlete performance and recovery.

### *4. Functional Movement and Sports Therapy in Idaho*

A practical guide to understanding functional movement assessments and therapeutic interventions used in Idaho's sports medicine community. The book emphasizes personalized treatment plans and the role of biomechanics in injury prevention. It draws on expertise from practitioners at the Idaho Sports Medicine Institute.

### *5. Sports Medicine Research and Practice in Boise*

This text compiles recent research findings and clinical practices from Boise-based sports medicine centers. It examines topics such as concussion management, orthopedic surgery, and physical therapy protocols relevant to Idaho athletes. The book serves as a resource for healthcare providers and students interested in regional sports medicine.

### *6. Rehabilitation Techniques for Athletes: Insights from Idaho Sports Medicine*

Offering detailed descriptions of rehabilitation exercises and modalities, this book reflects the methodologies used at the Idaho Sports Medicine Institute. It covers both acute injury treatment and long-term recovery plans. The content is tailored for therapists, trainers, and athletes focused on return-to-play readiness.

### *7. Sports Nutrition and Performance in Idaho Athletes*

While primarily focused on sports medicine, this book delves into the nutritional strategies that support injury prevention and athletic performance in Idaho. It integrates knowledge from dietitians and sports medicine experts in Boise, providing practical advice for athletes at all levels.

### *8. Orthopedic Innovations at Idaho Sports Medicine Institute*

Highlighting surgical and non-surgical orthopedic treatments available in Boise, this book

showcases the cutting-edge techniques employed by the Idaho Sports Medicine Institute. It discusses patient outcomes and emerging trends in musculoskeletal care for athletes.

#### 9. *Community-Based Sports Medicine Programs in Idaho*

This book explores the development and impact of community sports medicine initiatives throughout Idaho, with a focus on Boise's leading institutions. It covers outreach programs, education efforts, and partnerships that enhance athlete health and safety statewide. The text is valuable for public health professionals and sports organizations.

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**idaho sports medicine institute boise:** Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, E-Book Brian J. Cole, Jorge Chahla, 2022-05-24 Ensure optimal outcomes from each shoulder, elbow, and knee sports medicine surgery with the consistent, step-by-step approach offered in this comprehensive reference. Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, 3rd Edition, covers both open and arthroscopic surgeries, providing the expert guidance you need on everything from patient positioning, anatomy, relevant biomechanics and the latest orthopaedic surgery techniques, through pearls and pitfalls and post-operative care. Contributing authors are renowned sports medicine surgeons who equip you with a global perspective on the most recent orthopaedic advances. - Covers the latest open and arthroscopic techniques for both common and not-so-common sports medicine pathologies. - Offers a comprehensive approach to each pathology including rehabilitation protocols and return-to-play criteria. - Contains more than 15 new chapters: First-time Shoulder Dislocation, Ulnar Collateral Ligament Reconstruction (various techniques), Managing Bone Loss on the Humeral Head, Cartilage Allografts for the Treatment of Cartilage Lesions of the Knee, and many more. - Provides up-to-date information on timely topics such as complex decision making for the patellofemoral joint, biologics and injection therapy for the management of osteoarthritis, and primary ACL repair techniques. - Highlights step-by-step text with numerous high-quality illustrations, surgical photographs, and MRIs and radiographs. - Includes access to an online surgical video collection covering Arthroscopic Rotator Cuff Repair: Double Row Techniques; Arthroscopic Repair of Multidirectional Instability of the Shoulder; Ulnar Collateral Ligament Repair and Reconstruction: DANE Technique; Double Bundle Anterior Cruciate Ligament Reconstruction; and Management of Proximal Tibiofibular Instability. - 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.

**idaho sports medicine institute boise:** Complications in Orthopaedics: Sports Medicine E-Book Stephen R. Thompson, Matthew Schmitz, 2020-07-29 One of the hallmarks of a master

surgeon is the ability to navigate a wide variety of inevitable difficult situations in surgery, whether errors in judgment, technical mistakes, or unavoidable outcomes. Complications in Orthopaedic Surgery is a new series designed to provide real-world guidance on recognizing and avoiding errors, as well as how to course-correct during surgery. In this inaugural volume dedicated to sports medicine surgery, series editor Dr. Stephen R. Thompson and Dr. Matthew Schmitz describe and demonstrate practical solutions that are integral to improving patient outcomes. - Covers a wide variety of procedures, including meniscus repair and transplantation, revision ACL reconstruction, pediatric ACL surgery, cartilage surgery in adults and children, knee osteotomies, acromioclavicular surgery, hip arthroscopy, and much more. - Describes and offers solutions to the most common or most devastating errors and complications in the practice of sports medicine surgery, combining the breadth of knowledge of academic surgeons with the in-the-trenches skills of community surgeons. - Uses an easy-to-follow, standardized chapter format that covers preoperative errors, intraoperative issues, and postoperative complications. - Includes procedural video clips to reinforce discussions in the text. - Features a full-color design with numerous photographs, radiographs, and illustrations. - 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.

**idaho sports medicine institute boise: Athletic Training and Sports Medicine** Robert C. Schenck, 1999 The third edition of Athletic Training and Sports Medicine is more specifically tailored to the needs of practising athletic trainers and primary care physicians, although educators should find it a useful reference for students. Many of the chapters from the second edition are supplemented and enhanced by new chapters. The major topics covered include: legal issues in sports medicine; injury prevention; evaluating the athlete; physiology of the musculoskeletal system; applied principles in treatment and rehabilitation; the anatomy and physiology of the musculoskeletal system; sports psychology; medical conditions; gender specific conditions; and athletes with different abilities.

**idaho sports medicine institute boise: Cartilage Injury in the Athlete** Raffy Mirzayan, 2011-01-01 This book presents a complete guide to treating patients with cartilage damage who are not yet candidates for joint arthroplasty. Cartilage Injury in the Athlete opens with review of anatomy and describes the response of articular cartilage to injury, followed by the clinical assessment of the injury. It covers nonoperative and operative approaches as well as the adjunctive procedures that often supplement cartilage restorative and repair surgery. Nearly 350 illustrations facilitate the understanding of examination and operative techniques. The text also addresses joint specific injuries in the shoulder, elbow, and ankle that are often neglected in other literature. Highlights: Provides a thorough overview of normal cartilage anatomy and cartilage response to injury that helps illuminate treatment techniques and healing processes Demonstrates surgical treatments using step-by-step illustrations Covers nonoperative techniques including analgesics, oral anti-inflammatory medications, neutraceuticals, and hyaluronic acid injections/viscosupplementation Describes adjunctive procedures, such as meniscal transplant and corrective osteotomy Discusses future directions in the detection and treatment of cartilage injuries Both comprehensive and unique in its scope, this book is an invaluable resource for all orthopedic surgeons, sports medicine and primary care physicians, physical therapists, and fellows and residents in training.

**idaho sports medicine institute boise: Sports Medicine** Richard Irvin, Duane Iversen, Steven Roy, 1998 Acclaimed for its accuracy and comprehensive style, Sports Medicine has been a favorite in the field for years. The second edition of this book continues this tradition while reflecting the latest trends in the field. Designed to provide an understanding of the injury process, this contemporary volume includes coverage on the subjects of prevention, assessment, First Aid, nutrition, treatment and rehabilitation of sports-related injuries. It provides clinicians with an invaluable reference on the anatomy, pathology, short term care, and long-term care of injuries. This book meets the requirements of the National Athletic Trainer Association. Physical education instructors, trainers, and any other professionals involved in sports medicine.

**idaho sports medicine institute boise: Concepts of Athletic Training** Ronald P. Pfeiffer,



Brent C. Mangus, 2008 Concepts Of Athletic Training, Fifth Edition, Represents Over A Decade Of Evolution And Revision Of The Previous Editions In An Effort To Better Serve Students Considering A Career As Athletic Trainers, K-12 Physical Educators, Or Coaches. This Outstanding Introductory Text Presents Key Concepts Pertaining To The Field Of Athletic Training In A Comprehensive, Logically Sequential Manner That Will Assist Future Professionals In Making The Correct Decisions When Confronted With An Activity-Related Injury Or Illness In Their Scope Of Practice.

**idaho sports medicine institute boise:** *Anterior Cruciate Ligament Injuries Throughout the Life Span* Mustafa Karahan, Sachin R. Tapasvi, Annunziato Amendola, Can Doruk Basa, João Espregueira-Mendes, Jonathan D. Hughes, 2025-04-28 This book uniquely addresses anterior cruciate ligament (ACL) injury – one of the leading issues in orthopedic sports medicine – throughout the lifespan, with a focus on differences depending on age and activity levels. It provides readers with fundamental knowledge, such as anatomy histology and biomechanics, as well as with diagnostic criteria specific for each age group and activity level – from pediatrics through adolescents to adults and high-level athletes. Furthermore, international experts present diverse prevention and injury management criteria as well as state-of-the-art surgical techniques based on the expectations of each age and lifestyle group. Designed to be an easy-to-read reference guide, this book presents fundamental concepts in the management of ACL injuries. It appeals to a broad readership ranging from orthopedic surgeons, residents and sports physicians to athletic trainers and all professionals involved in rehabilitation following ACL injuries.

**idaho sports medicine institute boise: Cartilage Injury of the Knee** Aaron J. Krych, Leela C. Biant, Andreas H. Gomoll, João Espregueira-Mendes, Alberto Gobbi, Norimasa Nakamura, 2021-08-31 Cartilage injuries of the knee are common, and diagnosis and treatment options have continued to evolve. This book focuses on current non-operative and surgical treatment strategies for articular cartilage injuries, highlighting the controversies and different approaches from an international perspective. This book includes information on the basic science of cartilage structure and function, expert perspectives on imaging and diagnosing, as well as work-up of athletes and patients presenting with acute or chronic cartilage injury. It also provides an evidence base for current cutting-edge cartilage repair and restoration. Written by leading experts in the field, the book, published in collaboration with ISAKOS and ICRS, is vital reading for orthopaedic and sports medicine surgeons, fellows and residents. It is also of interest to sports trainers, physiotherapists, medical students, postgraduate students, and physical medicine and rehabilitation specialists.

**idaho sports medicine institute boise:** The Physician and Sportsmedicine , 1989-07

**idaho sports medicine institute boise: 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.

**idaho sports medicine institute boise: Complicaciones en cirugía ortopédica** Stephen R. Thompson, 2021-08-13 - Abarca una amplia variedad de técnicas quirúrgicas, como reparación meniscal, reconstrucción del ligamento cruzado anterior, cirugía condral en niños y adultos, osteotomías de rodilla, cirugía del manguito de los rotadores, y artroscopias de cadera y de codo, entre otras. - Describe y ofrece soluciones para los errores y complicaciones más frecuentes y devastadores del tratamiento quirúrgico en medicina deportiva, combinando el conocimiento teórico de los traumatólogos dedicados a la docencia con las habilidades técnicas de los traumatólogos generales que trabajan en primera línea. - Utiliza un formato sencillo, con apartados para errores preoperatorios, problemas intraoperatorios y complicaciones postoperatorias. - Presenta un diseño en color con numerosas ilustraciones, fotografías y pruebas de imagen. - Incluye acceso al ebook de la obra, en inglés, a través de Expert Consult. Este contenido electrónico permite realizar búsquedas en el texto, las figuras y las referencias bibliográficas del libro desde diversos dispositivos.

**idaho sports medicine institute boise: Boise State of Mind** Joel Gunderson, 2018-10-09 After decades of under-the-radar success, the Boise State Broncos became a household name during the 2006-07 NCAA football season. That was when the 12-0 Broncos were set to face the 11-2 Oklahoma Sooners in the Fiesta Bowl. A David vs. Goliath event, everyone expected the Sooners, who played in the highly competitive Big 12 conference and had dominated since coach Bob Stoops took over in 1999, to beat the no-names from the Western Athletic Conference. The match-up would end up becoming one of the greatest college football games ever played, with Boise State beating Oklahoma, 43-42, on a trick-play two-point conversion to win in overtime. But where did it all start? How did a school in Idaho become one of the most successful and polarizing schools in the country? In Boise State, writer Joel Gunderson tells the story of how the school went from a junior college to Division I, climbing the ranks and building a program that has since beaten such college football powerhouses as Oregon, Georgia, Virginia Tech, and Oklahoma, and has the highest winning percentage in the country since 2000. With in-depth interviews with current and former players, coaches, and administration, Gunderson offers an entertaining story of the growth of a program that rose from anonymity to becoming arguably the most successful underdog in the country. While the city of Boise in Idaho has a population of approximately 223,000 people, the state, in general, is not a sports powerhouse. The closest NFL team is the Seattle Seahawks, who are a 7.5-hour drive away. There are currently only six players in the NFL that were born in Idaho. So how did Boise State, known mostly for its blue turf, become known for football excellence? This is more than a Cinderella story. It's about how they arrived, how they conquered, and how they've maintained in the cut-throat business that is college football.

**idaho sports medicine institute boise: Musculoskeletal and Sports Medicine For The Primary Care Practitioner, Fourth Edition** Richard B. Birrer, Francis G. O'Connor, Shawn F. Kane, 2016-01-06 Primary care practitioners are often the first medical professionals to see patients after an injury, making it critical for them to stay up to date on the latest developments in sports medicine. Musculoskeletal and Sports Medicine for the Primary Care Practitioner contains the most current information on major topics in sports science and clinical medicine. It is a valuable resource for primary care physicians and allied health professionals who practice, teach, and hold specialty certifications in sports medicine and related fields. The book discusses key concepts related to the diagnosis, treatment, and prevention of sports injuries. This edition adds new sections on pro-inflammatory treatments, field-side acupuncture, and brief musculoskeletal ultrasound as well as a new chapter on wellness and video illustrations of important musculoskeletal maneuvers at [www.crcpress.com/9781482220117](http://www.crcpress.com/9781482220117). The book follows the Strength of Recommendation Taxonomy (SORT), which addresses the quality, quantity, and consistency of evidence. It recommends levels of patient-oriented evidence to assist physicians in their diagnoses. Also included is a link to videos that demonstrate important musculoskeletal maneuvers used in sports medicine. As exercise and sports move beyond the realm of leisurely activity to a necessary component of good health, this book has become an important resource for all those involved in sports medicine.

**idaho sports medicine institute boise: Athletic Training and Sports Medicine** Chad Starkey, Glen Johnson, 2006 This comprehensive guide, written in co-operation with the American Academy of Orthopaedic Surgeons (AAOS), has been extensively revised. The Fourth Edition of Athletic Training and Sports Medicine is a multi-purpose, multi-course text that emphasizes the post-injury management techniques used by certified/licensed athletic trainers and physicians in management of orthopaedic injuries. The collaboration of athletic trainers, sports medicine physicians, and physical therapists provides a balanced, in-depth review of common sports injuries, acute treatment, and rehabilitation as well as medical conditions that impact the entire body. In each chapter, following a description of the pathology, considerations are presented for immediate management, surgical/medical interventions, follow-up management (e.g., short-term bracing, immobilization), and factors influencing the patient's care.

**idaho sports medicine institute boise: Health Services Directory** Anthony Thomas Kruzas, 1981 Health services arranged topically in 34 chapters, e.g., Hospices, Pain centers and clinics, and Runaway youth programs. Each entry gives address, telephone number, and brief descriptive note. Index.

**idaho sports medicine institute boise: The Language of Medicine E-Book** Davi-Ellen Chabner, 2023-11-24 Effectively master medical terminology with Davi-Ellen Chabner's The Language of Medicine, 13th Edition. Centering on Chabner's proven method of learning medical terms by studying them in the context of the human body, this highly praised and bestselling text helps individuals of all educational backgrounds easily understand and remember important medical terminology by incorporating easy-to-follow explanations, relevant examples, and countless reinforcement exercises. This new edition also features additional clinical practice exercises; more medical procedure photos; timely content on immunity and vaccines, infection control, advances in cardiology, cancer research, emerging orthopedic treatments; and more. No matter where your career path takes you, Chabner's proven method for med term mastery will prepare you for success.

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**idaho sports medicine institute boise: The Michigan Alumnus** , 1997 In v.1-8 the final number consists of the Commencement annual.

**idaho sports medicine institute boise: Perspectives in Exercise Science and Sports Medicine: Exercise, nutrition, and weight control** David R. Lamb, Robert Murray, 1988

**idaho sports medicine institute boise: Osteochondritis Dissecans: Diagnosis and Treatment Options for Athletes: An Issue of Clinics in Sports Medicine** Matthew D. Milewski, 2014-04-28 This issue of Clinics in Sports Medicine will include the diagnosis and treatment of Osteochondritis Dissecans in athletes. Osteochondritis Dissecans, a joint condition in which a piece of cartilage, along with a thin layer of the bone beneath it, comes loose from the end of a bone. It is most common in the knee; however it can occur in other joints. Those individuals who frequently participate in strenuous sports, particularly young athletes, or perform repetitive activities that put

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