



The Shoulder and the Overhead Athlete

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Written by a multidisciplinary team of expert shoulder surgeons, athletic trainers, and physical therapists, this volume is the most complete and up-to-date reference on the evaluation, treatment, rehabilitation, and prevention of shoulder injuries in throwing and other overhead athletes. The first section includes chapters on shoulder anatomy and biomechanics, clinical examination, radiographic evaluation, resistance training and core strengthening, and specific exercises for the throwing shoulder. The second section describes state-of-the-art techniques for treatment and rehabilitation of each type of injury. The concluding section focuses on sport-specific injuries from baseball, football, tennis, and swimming. More than 300 illustrations complement the text.

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