



Essentials of Athletic Injury Management, 11th edition

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Chapter Changes

Chapter 1

- Reorganized and updated the roles and responsibilities of athletic trainers according to the latest BOC Practice Analysis.
- Added the role of the physiatrist in caring for the injured athlete.
- Significantly updated the recommended references and the annotated bibliography to make them as current as possible.

Chapter 2

- Added new information on developing a risk management plan.
- Added revised athletic injury record form.
- Significantly updated the recommended references and the annotated bibliography to make them as current as possible.

Chapter 3

- Reorganized and clarified the information on legal liabilities.

- Updated information on insurance.
- Added a new sample insurance information form.
- Updated the recommended references to make them as current as possible.

Chapter 4

- Updated information on and recommendations for the warm-up and cool-down.
- Calisthenic exercises are now referred to more correctly as bodyweight exercises.
- Updated information on calculating a target heart rate for improving cardiorespiratory endurance.
- Significantly updated the recommended references and the annotated bibliography to make them as current as possible.

Chapter 5

- Updated recommendations for percent of calorie intake of carbohydrates, fat, and protein.
- Updated most current information on MyPlate.
- Added new information on food labels.
- Added green tea to most widely used herbs list.
- Added new information on gluten-free diets.
- Updated information on eating organic, natural, and health foods.
- Updated information on glycogen supercompensation.
- Significantly updated the recommended references and the websites to make them as current as possible.

Chapter 6

- Updated list of equipment regulatory agencies.
- Updated information regarding the use of mouth guards.
- Added most recent information about cleated shoes.
- Significantly updated the recommended references to make them as current as possible.

Chapter 7

- Updated information on exercise-associated muscle (heat) cramps.
- Updated Table 7–2 comparing heat disorders.
- Updated the management techniques for treating heat stroke.
- Updated information on lightning safety.
- Added chilblain as a cold disorder.
- Exertional hyponatremia is no longer classified as a heat illness.
- Significantly updated the recommended references to make them as current as possible.

Chapter 8

- Added new recommendation that a “time out” should be used to make certain that all involved with health care are prepared to handle an emergency.
- Updated information on care and management of the unconscious athlete.

- Reordered the life-threatening injuries in the emergency procedures flowchart.
- Made slight adjustments in the CPR Summary table to clarify the procedures.
- Changed the acronym PRICE to POLICE, emphasizing the importance of optimal loading in immediate injury management.
- Updated information on the efficacy of using ice and compression in immediate injury care.
- Updated information on managing care for an athlete with suspected cervical spine injury.
- Updated information on placing the athlete on a spine board.
- Added the most current recommendations from an inter-association task force to consider removing the helmet and shoulder pads by trained personnel prior to transporting an athlete with a suspected cervical spine injury.
- Updated information on the techniques for transporting an athlete with a suspected cervical spine injury from the field to the hospital.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 9

- Updated statistics on numbers of patients infected by various bloodborne pathogens
- Replaced photos showing various skin wounds.
- Updated Focus Box 9–4 on suggested practices in caring for skin wounds.
- Update Table 9–2 on wound care.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 10

- Added a new photo of a kinesio taping technique.

Chapter 11

- Reemphasized the discussion that clarifies the purpose of this chapter and gives a caution about who is legally able to suggest or supervise a program of rehabilitation for an injured athlete.

Chapter 12

- Updated information on psychological disorders.

Chapter 13

- Updated information on tendinopathy, tendinitis, and tendinosis.
- Updated information on the cause of muscle cramps.
- Significantly updated the recommended references to make them as current as possible.

Chapter 14

- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 15

- Clarified the difference between Achilles tendinitis and Achilles tendinosis.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 16

- Added new information that clarifies the mechanisms of injury for both noncontact and contact ACL injuries.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 17

- Added new X-ray photos for Legg-Calve- Perthes disease.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 18

- Significantly updated the recommended references and websites to make them as current as possible.

Chapter 19

- Added a new photo for a subungual hematoma in the finger.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 20

- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 21

- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 22

- Updated information on nasal fractures.
- Updated information on nasal and septal hematomas.
- Updated new photo on tooth fractures.
- Updated and added new information about evaluating concussions that currently uses the SCAT5 as the most accepted evaluation tool.
- Updated causes of tympanic membrane rupture.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 23

- Updated information on requirements for certification.
- Added new information of treating a sore throat.
- Updated information on signs of indigestion.
- Updated information on diabetes.
- Updated information on exercise during pregnancy.
- Significantly updated the recommended references and annotated bibliography to make them as current as possible.

Chapter 24

- Added new information on heroin use.
- Significantly updated the recommended references, annotated bibliography, and websites to make them as current as possible.

Chapter 25

- Updated Youth Sports Safety Alliance statistics on injuries in youth sports.
- Updated information on early specialization in a single sport and the long-term outcomes of that choice.
- Significantly updated the recommended references, annotated bibliography, and websites to make them as current as possible.

Appendix A

- Updated the information on employment of certified athletic trainers in secondary schools.
- Updated information on requirements for certification.