

Course Information Sheet

Course Title: Sports Injuries Guidebook, 2019

Course Description: If you are the parent of an athlete, or if you train active adults, you know that injuries happen, so be prepared with this authoritative, full-color guide. You'll learn about 130 common athletic & fitness injuries with complete descriptions of common causes, explanation of symptoms, full-color anatomical illustrations, and a plan for returning to action quickly and safely. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 374 pages.

Learning Objectives:

1. Understand an in-depth overview of a variety of sports injuries.
2. Describe the common causes of a variety of sports injuries.
3. Name the anatomical structures involved in a variety of sports injuries.
4. Recognize sports injury identification cues and symptoms.
5. Indicate the common treatment options for a variety of sports related injuries.
6. Understand the concepts describing functional training.
7. List the common causes, symptoms, treatments and return to action guidelines for head injuries.
8. Identify the evaluation scales associated with concussions.
9. List the common causes, symptoms, treatments and return to action guidelines for neck and cervical spine injuries.
10. Identify the common causes, symptoms, treatments and return to action guidelines for shoulder injuries.
11. Identify the common causes, symptoms, treatments and return to action guidelines for arm and elbow injuries.
12. Identify the common causes, symptoms, treatments and return to action guidelines for wrist and hand injuries.
13. Identify the common causes, symptoms, treatments and return to action guidelines for chest and abdominal injuries.
14. Identify the common causes, symptoms, treatments and return to action guidelines for knee injuries.
15. Identify the common causes, symptoms, treatments and return to action guidelines for foot and ankle injuries.
16. Understand the positive contributions that integrative and complimentary medicine can make in sports injury management.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:

www.exercisetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

Dr. Robert Gotlin, DO, is the director of orthopaedic and sports rehabilitation in the department of orthopaedic surgery and the coordinator of the musculoskeletal and sports rehabilitation fellowship training program at Beth Israel Medical Center. He is also an assistant professor of physical medicine and rehabilitation at the Albert Einstein College of Medicine of Yeshiva University.

Gotlin hosts the "Dr. Rob Says . . . Sports Health and Fitness Show," which airs every Saturday from 7 to 8 a.m. on 1050 ESPN Radio. He has been a guest host for television's "ABC Now, Healthy Living," a daily television program that features breaking medical news and practical health advice. As a consultant, he has served on the medical team with Dr. W. Norman Scott, team physician for the New York Knicks (NBA basketball) and New York Liberty (WNBA basketball), and as physiatric consultant to Dr. Michael Kelly, team physician for the New Jersey Nets (NBA Basketball), and to Dr. Stuart Hershon, team physician for the New York Yankees (MLB baseball). He is also a team physician for U.S. Women's Rugby and the chief medical officer for the JCC Maccabi Games.

Gotlin is board certified by both the American Board of Physical Medicine and Rehabilitation and the American Osteopathic Board of Physical Medicine and Rehabilitation. He is also the program chairman for the New York State Society of Physical Medicine and Rehabilitation. Gotlin earned his medical degree from the Southeastern University of the Health Sciences in Miami, Florida, in 1987.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards:

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Sponsors: N/A