



# Injury Prevention and Rehabilitation for Active Older Adults

*Kevin Speer*

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With the rise in active participation in sports and exercise by older people, *Injury Prevention and Rehabilitation for Active Older Adults* is both timely and instructive. It explores the issues involved in working with active older adults, providing a valuable resource to help sports medicine professionals prevent, diagnose, and treat injuries for this growing population.

Geared toward those working with active seniors—from competitive and recreational athletes to fitness enthusiasts—*Injury Prevention and Rehabilitation for Active Older Adults* contains the information to help practitioners

- strengthen their understanding of general issues in sports medicine for active seniors;
- explore prevention of, and determine treatment for, specific injuries;
- apply to their own practice the knowledge of specialists experienced in working with older populations; and
- implement and supervise appropriate conservative therapies.

*Injury Prevention and Rehabilitation for Active Older Adults* was written by a team of specialists with extensive experience in treating active seniors. While it emphasizes conservative treatment over surgery, it also guides readers in knowing when to refer a client to a surgeon, how to prepare a client for what might happen when referred, and what type of surgery might be indicated. Therapists and trainers will strengthen their ability to explain their basis for both treatment and referral.

**Part I** focuses on a variety of issues in sports medicine for active seniors, including senescent changes in the musculoskeletal system, exercise testing and prescription, and factoring the kinetic chain into prevention and therapy. Flexibility, stretching, and massage for older people are also covered, as are nutrition, nutritional supplements, and pharmacology.

**Part II**, organized by anatomical areas, delves into specific injuries and conditions in active seniors. This approach helps readers easily locate regional musculoskeletal problems and identify appropriate rehabilitation procedures. These regions include the shoulder, elbow, hand and wrist, spine, hip, knee, and foot and ankle. Common injuries, conditions, and treatments are explored in each area.

Accompanying photos and illustrations supplement the text, showing stretches for all parts of the body, exercises for both injury prevention and rehabilitation, diagnostic techniques (including special tests and best X-ray positions) and various treatment options. The result is a reference that facilitates understanding of the issues involved in preventing and treating injuries in active older people and in helping them recover and return to full activity as soon as possible.

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