

# Sports Medicine Manual

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## Sports Medicine Manual

### **MSHSAA**

Sports Medicine Manual Missouri State High School Activities Association Page 1 2010-11 Sports Medicine Manual MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION 1 N Keene Street Fax Number: (573) 875-1450 PO Box 1328 Website: [www.mshsaa.org](http://www.mshsaa.org) Columbia, MO 65205-1328 E-mail: [email@mshsaa.org](mailto:email@mshsaa.org)

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### **FLORIDA STATE UNIVERSITY - FSU SPORTS MEDICINE**

Sports Medicine Policies and Procedures Manual 8 SPORTS MEDICINE DEPARTMENT PERSONNEL The Athletic Training Staff consists of a Director of Sports Medicine, three associate directors of sports medicine, seven assistant athletic trainers, one athletic insurance coordinator, eight graduate

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### **Certified Personal Trainer (CPT)**

Academy of Sports Medicine® (NASM) and the certification examination it offers personal trainers and fitness professionals This Handbook includes information concerning: • NASM's CPT (Certified Personal Trainer) certification program, the certification examination • Eligibility requirements • Applying and sitting for the NASM-CPT Exam

### **CMS Manual System**

and Sports Medicine The new physician specialty code for Cardiac Electrophysiology will be 21 and the new code for Sports Medicine will be 23 EFFECTIVE DATE: April 1, 2011 IMPLEMENTATION DATE: April 4, 2011 Disclaimer for manual changes only: The revision date and transmittal number apply only to red italicized material

### **THE SECONDARY SCHOOL SPORTS MEDICINE COURSE OUTLINE**

medicine, sports medicine team, National Federation of State High School Associations (NFHS) Objectives-Students will be able to: 11 Describe the historical foundations of athletic training 12 Compare and contrast various professional organizations dedicated to athletic training and sports medicine

### **Shoulder Tendonitis - Center for Sports Medicine and ...**

Developed by Alex Petruska, DPT and the Massachusetts General Hospital Sports Medicine Service Shoulder Tendonitis Brett Sanders, MD Center For Sports Medicine and Orthopaedic 2415 McCallie Ave Chattanooga, TN (423) 624-2696 Shoulder tendinitis is a common overuse injury in sports (such as swimming, baseball and tennis) where the arm is

### **Handbook 92nd Edition, July 2020**

35 2/28—3/6 2/27—3/5 2/26—3/4 2/25 —3/2 Mon - 1st Practice Spring Season - HS Sports Eligibility, Sports Medicine DON MAURER Assistant Executive Director Cross Country, Speech, Debate, and Theatre, Track and Field, Eligibility KENNY SEIFERT Assistant Executive Director

### **Practical Joint Assessment Upper Quadrant A Sports ...**

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### **CPT Codes Most Often Used by Athletic Trainers billing for ...**

97140 Manual therapy 1/> regions, each 15 minutes 97530 Therapeutic activities, each 15 minutes 97532 Cognitive skills development, each 15

minutes 97535 Self-care management training, each 15 minutes 97537 Community/work reintegration, each 15 minutes

### **ROTATOR CUFF REHABILITATION THERAPIST DIRECTED**

Ortho Sports Phys Ther 1998;28(1):3-14 Desmeules F, Cote CH, Fremont P Therapeutic exercise and orthopaedic manual therapy for impingement syndrome A systematic review Clin J Sports Med 2003;13:176-82 Ginn KA, Herbert RD, Khouw W, Lee R A randomized, controlled trial of a treatment for shoulder pain Phys Ther 1997;77(8):802-811

### **The QUANTUM™ 2 system Multi-electrode COBLATION devices**

AMBIENT™ COBLATION Wand Collection AMBIENT COBLATION devices are the first and only RF wands that provide real-time visual and audible feedback of the temperature of the irrigating fluid in the

### **PRE-PARTICIPATION PHYSICAL EVALUATION a**

D Cleared for all sports without restriction C Cleared for all sports without restriction with recommendations for further evaluation or treatment for:

\*NOTE: Please refer to the MSHSAA Sports Medicine Manual, Page 2 (designed by MSHSAA Sports Medicine Advisory Committee,

### **Shoulder Impingement Guidelines 2010**

Vanderbilt Sports Medicine Shoulder Impingement Guidelines General Rehabilitation Guidelines: Control pain and edema Normal ROM, proprioception, strength Return to normal ADLs/sports/work Phase I (PROM) Manual therapy (soft tissue massage, glides, joint mobilizations)

### **ELBOW ULTRASOUND GUIDED PERCUTANEOUS ...**

you, call Ohio State Sports Medicine (614-293-3600) during normal clinic hours Otherwise seek care at your local emergency room For Therapists

Only All strength work should be performed every other day, 2-3 sets of each exercise to fatigue without reactive pain Manual work may begin 2

weeks after the procedure date Last reviewed August 2017