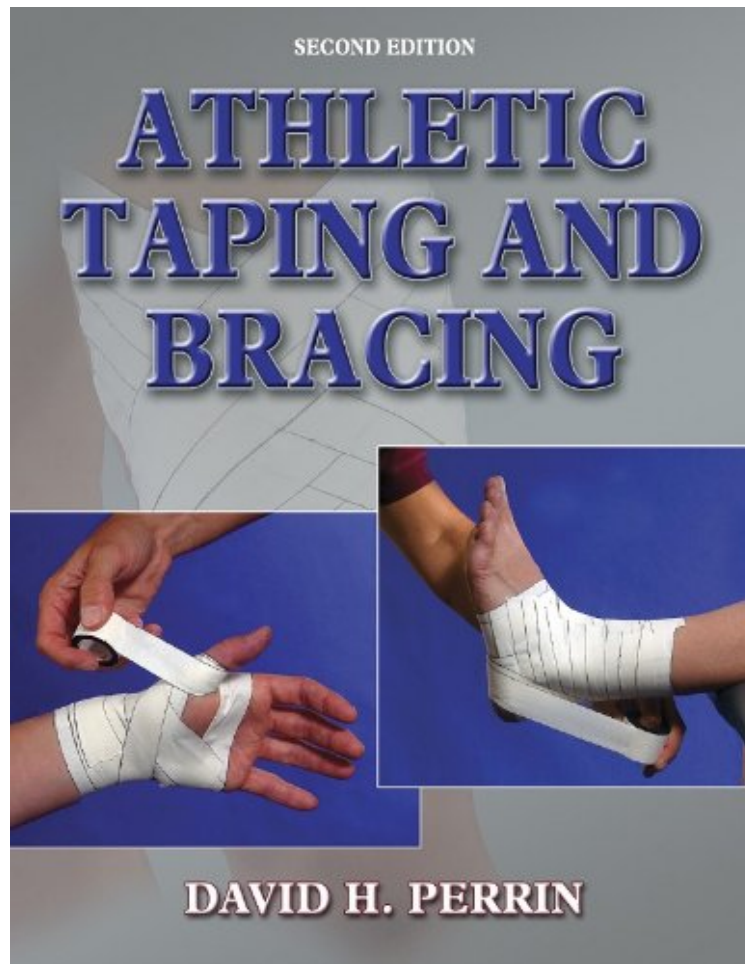


(Mobile book) Athletic Taping and Bracing - 2nd Edition

## Athletic Taping and Bracing - 2nd Edition

David Perrin

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**David Perrin : Athletic Taping and Bracing - 2nd Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Athletic Taping and Bracing - 2nd Edition:

0 of 0 people found the following review helpful. Five StarsBy LulupopsMet expectation0 of 0 people found the following review helpful. Three StarsBy Kindle CustomerThis is a good book with good information but some of the pictures are unclear.0 of 0 people found the following review helpful. Helpful!!By Kelsey VineyardGreat information! I purchased this book to help me better understand some taping methods for my undergraduate Athletic Training education. It has good explanations in the text and good pictures.

Completely overhauled and updated, Athletic Taping and Bracing, Second Edition, is a leading text in its field. Like the popular first edition, it continues to integrate the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. The new edition is updated to reflect changes in the National Athletic Trainers' Association

(NATA) Education Council's Competencies in Athletic Training and the fourth edition of the NATA Board of Certification's Role Delineation Study. Both students and professionals will use this text time and again as a reliable reference. Athletic Taping and Bracing, Second Edition, has been significantly improved with the addition of more than 450 full-color illustrations and photos. These include 60 superb three-dimensional anatomical images from Primal Pictures. The photos that illustrate taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. It also contains step-by-step instructions for 36 taping and wrapping procedures, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, Athletic Taping and Bracing, Second Edition, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. Through Athletic Taping and Bracing, Second Edition, readers will learn the foundations and techniques of taping and bracing. Taping and bracing are presented as adjuncts to, rather than panaceas for, the athlete's total rehabilitation. The emphasis on rehabilitation as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems. Athletic Taping and Bracing, Second Edition, captures the art and science of taping and bracing through detailed explanations and spectacular images. It stays in step with current NATA competencies and practices, and it offers top-quality instruction. With all this, Athletic Taping and Bracing, Second Edition, is the premier text in its field.

"The strengths of the text are its stepwise instruction of application of taping procedures and the use of primal pictures illustration." "Journal of Orthopaedic Sports Physical Therapy" "Stands out as the best of its kind, with its emphasis on mastering the anatomy of the human body, clear illustrations, and presentation of stretching and strengthening techniques to limit the athlete's dependence on the artificial assistance of taping and bracing." "Choice" (review of first edition) The strengths of the text are its stepwise instruction of application of taping procedures and the use of primal pictures illustration. Journal of Orthopaedic Sports Physical Therapy... Stands out as the best of its kind, with its emphasis on mastering the anatomy of the human body, clear illustrations, and presentation of stretching and strengthening techniques to limit the athlete's dependence on the artificial assistance of taping and bracing. Choice (review of first edition) About the Author David H. Perrin, PhD, ATC, is dean and professor of the School of Health and Human Performance at the University of North Carolina at Greensboro. Before going to Greensboro, Perrin directed the athletic training program at the University of Virginia from 1986 to 2001. He received the Sayers Bud Miller Distinguished Educator Award from the National Athletic Trainers' Association (NATA) in 1996 and the Most Distinguished Athletic Trainer Award from NATA in 1998, and he was inducted into the NATA Hall of Fame in 2003. Perrin was a member of the NATA Professional Education Committee from 1982 to 1995 and was editor in chief of the Journal of Athletic Training from 1996 to 2004.