



Sport Therapy for the Shoulder With Online Video: Evaluation, Rehabilitation, and Return to Sport

Todd S. Ellenbecker, Kevin E. Wilk

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In *Sport Therapy for the Shoulder: Evaluation, Rehabilitation, and Return to Sport*, readers will learn about best practices and evidence-based guidelines for assessing and treating patients' shoulder injuries for re-entry into sport. Written by renowned physical therapists Todd S. Ellenbecker and Kevin E. Wilk, this text is a key resource for physical therapists, athletic trainers, sport chiropractors, massage therapists, strength and conditioning professionals, personal trainers, and other clinicians in sports medicine who work with patients recovering from shoulder injuries.

Sport Therapy for the Shoulder guides readers systematically through functional anatomy and biomechanics of the shoulder, examination techniques and pathology, rehabilitation, and return-to-play progressions. The text provides evidence-based principles to assist clinicians in improving joint stabilization, strength, muscular endurance, and range of motion in the shoulder. Return-to-sport programs feature step-by-step progressions for sports including baseball, softball, golf, swimming, and tennis. Illustrated versions of the Thrower's Ten and Advanced Thrower's Ten exercise programs, which were developed by coauthor Kevin E. Wilk and colleagues, are provided in the appendix.

The content is enhanced by more than 200 color photos and detailed illustrations that provide visual support and context for conducting specific evaluation and rehabilitation techniques. Additionally, 21 online video clips are available to complement the highly visual book and demonstrate how to perform specific evaluation tests. An image bank is available free to course adopters and is also available for professionals to purchase separately for use in presentations.

The combination of foundational information, evidence-based guidelines, sport-specific return-to-sport programs, online videos, and colorful visual aids makes *Sport Therapy for the Shoulder* a must-have resource for clinicians who work with patients who have shoulder injuries. Not only will the book prove to be a valuable learning tool, but it will also be a reference that professionals can use continually in their practice.

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