

sever's disease treatment pdf

Sever's disease treatment pdf is an essential resource for parents, coaches, and healthcare professionals seeking comprehensive information on managing this common condition affecting growing children and adolescents. As a prevalent cause of heel pain in active youth, understanding the available treatment options, preventive measures, and rehabilitation strategies is crucial for effective management and swift recovery. This article provides an in-depth overview of Sever's disease, highlights key treatment approaches, and discusses how to access detailed PDF resources for further guidance.

Understanding Sever's Disease

What Is Sever's Disease?

Sever's disease, medically known as calcaneal apophysitis, is an inflammation of the growth plate in the heel (calcaneus) that occurs in children and adolescents during periods of rapid growth. It is most common among physically active youths engaged in sports such as running, jumping, and soccer. Typically, it affects children aged 8 to 14, with a higher prevalence in boys than girls.

Causes and Risk Factors

The primary causes of Sever's disease include:

- Repetitive stress on the heel due to physical activity
- Rapid growth spurts in height and weight
- Overuse or excessive training without adequate rest
- Improper footwear that lacks proper heel support
- Biomechanical issues such as flat feet or high arches

Symptoms of Sever's Disease

Common signs and symptoms include:

- Heel pain that worsens during activity and improves with rest
- Tenderness and swelling around the heel
- Difficulty walking or limping

- Discomfort after physical activity

Recognizing these symptoms early enables timely intervention, minimizing discomfort and preventing complications.

Importance of a Proper Sever's Disease Treatment PDF

A well-structured Sever's disease treatment PDF serves as a valuable tool for disseminating standardized management protocols, exercises, and preventive strategies. It provides a consolidated resource for healthcare providers, physical therapists, and caregivers to ensure consistent and effective care. Accessing comprehensive PDFs allows for self-education, aiding in early diagnosis and guiding appropriate treatment plans.

Conventional Treatment Approaches for Sever's Disease

Rest and Activity Modification

The cornerstone of Sever's disease management involves reducing stress on the heel. This includes:

- Limiting or temporarily stopping high-impact activities
- Encouraging low-impact exercises such as swimming or cycling
- Allowing adequate rest periods between training sessions

Ice Therapy

Applying ice packs to the affected heel can help reduce inflammation and alleviate pain. Recommended practices include:

- Applying ice for 15-20 minutes every 2-3 hours during acute pain episodes
- Using a cloth barrier to prevent direct contact with the skin

Heel Support and Footwear

Proper footwear and orthotic devices can significantly reduce heel strain. Strategies involve:

- Using shoes with good heel cushioning and arch support
- Implementing heel lifts or pads to decrease heel tension

- Custom orthotics for biomechanical correction if necessary

Stretching and Strengthening Exercises

Targeted exercises help improve flexibility and strengthen supporting muscles, reducing stress on the growth plate:

1. **Achilles tendon stretches:** Using calf stretches to alleviate tension
2. **Hamstring stretches:** To improve overall lower limb flexibility
3. **Foot and ankle strengthening:** Exercises like toe raises and resistance band workouts

Pharmacological Management

Over-the-counter pain relievers such as ibuprofen or acetaminophen can be used to manage pain and inflammation, following appropriate dosing guidelines.

Advanced and Supportive Treatments

Physical Therapy

A tailored physical therapy program is often recommended to:

- Improve flexibility and biomechanics
- Implement manual therapy techniques
- Guide proper exercise progression

Immobilization

In rare cases with severe pain, immobilization using a cast or brace may be necessary to immobilize the heel and facilitate healing.

Surgical Intervention

Surgery is rarely indicated for Sever's disease. It may be considered if symptoms persist beyond 6-12 months despite conservative management.

Preventive Measures and Long-term Management

Proper Footwear

Ensuring children wear appropriate, supportive shoes that fit well can prevent strain on the heel. Replace worn-out shoes promptly.

Gradual Training Progression

Avoid sudden increases in activity intensity or duration. Follow gradual training schedules to allow adaption.

Monitoring Growth and Activity Levels

Regular assessment of growth spurts and activity levels can help identify high-risk periods, enabling proactive intervention.

Maintaining Flexibility and Strength

Consistent stretching and strengthening routines help maintain optimal biomechanics and reduce injury risk.

Accessing and Utilizing a Sever's Disease Treatment PDF

Where to Find Reliable PDFs

Healthcare organizations, sports medicine associations, and pediatric orthopedic societies often publish comprehensive PDFs on Sever's disease management. Examples include:

- American Academy of Pediatrics
- American Orthopaedic Foot & Ankle Society
- Sports medicine clinics and educational platforms

How to Use a Sever's Disease Treatment PDF Effectively

To maximize benefits:

- Review the diagnosis and treatment protocols thoroughly
- Follow structured exercise and activity guidelines outlined
- Implement recommended footwear and orthotic suggestions
- Educate caregivers and children about symptom management and prevention
- Consult healthcare professionals for personalized adjustments

Benefits of a Well-Designed PDF

A comprehensive PDF resource offers:

- Standardized treatment protocols
- Visual aids like diagrams and exercise illustrations
- Educational content for caregivers and patients
- References to scientific studies and clinical guidelines

Conclusion

Sever's disease treatment pdfs are invaluable tools for ensuring consistent, evidence-based management of heel pain in growing children. By understanding the causes, symptoms, and effective treatment options, caregivers and healthcare providers can work collaboratively to promote healing, prevent recurrence, and help young athletes return to their activities safely. Accessing reputable PDFs ensures that the information is accurate, comprehensive, and tailored to individual needs, ultimately improving outcomes for children affected by this condition.

Disclaimer: Always consult a healthcare professional before starting any treatment or exercise program for Sever's disease. The information provided here is for educational purposes and should not replace personalized medical advice.

Frequently Asked Questions

What are the common treatment options for Sever's disease

outlined in PDFs?

Common treatment options for Sever's disease include rest, ice application, stretching exercises, heel cushions or orthotics, and anti-inflammatory medications, as detailed in various PDFs.

Can a PDF guide provide exercises to alleviate Sever's disease symptoms?

Yes, many PDFs include specific stretching and strengthening exercises designed to reduce heel pain and improve flexibility, aiding in the management of Sever's disease.

Are there recommended footwear modifications for treating Sever's disease in PDFs?

PDF resources often recommend wearing supportive shoes with cushioned heels, avoiding hard or unsupportive footwear, and using heel pads or orthotics to reduce stress on the growth plate.

How long does it typically take for Sever's disease to heal according to treatment PDFs?

Most PDFs indicate that with proper treatment and activity modification, symptoms of Sever's disease resolve within a few weeks to a few months, depending on severity.

Do PDFs suggest any specific physical therapy approaches for Sever's disease?

Yes, PDFs often recommend physical therapy focusing on stretching the Achilles tendon and calf muscles, along with strengthening exercises to support healing.

Is there any mention of preventive measures for Sever's disease in treatment PDFs?

Preventive strategies highlighted in PDFs include proper footwear, gradual increase in activity levels, maintaining flexibility of the calf muscles, and avoiding overtraining to reduce the risk of Sever's disease.

Additional Resources

Sever's Disease Treatment PDF: An In-Depth Guide to Managing Growth Plate Pain in Children

Sever's disease, also known as calcaneal apophysitis, is a common cause of heel pain in active children and adolescents, especially those involved in sports or physical activities. For parents, coaches, and healthcare providers seeking comprehensive information, a detailed Sever's disease treatment PDF offers invaluable guidance. This article explores the various aspects of managing Sever's disease, providing a thorough understanding of its causes, symptoms, diagnostic procedures, and evidence-based treatment options.

Understanding Sever's Disease

What Is Sever's Disease?

Sever's disease is a self-limiting condition characterized by inflammation of the growth plate (apophysis) in the heel bone (calcaneus). It primarily affects children experiencing rapid growth spurts, typically between ages 8 and 14, and is most common in physically active children.

Causes and Risk Factors

The condition arises from repetitive stress and overuse of the heel, leading to inflammation at the growth plate where the Achilles tendon attaches. Key risk factors include:

- Participation in high-impact sports such as soccer, basketball, or gymnastics.
- Overtraining or sudden increases in activity intensity or duration.
- Tight Achilles tendons or calf muscles.
- Running on hard surfaces.
- Obesity, which increases heel stress.
- Rapid growth spurts that cause biomechanical changes.

Pathophysiology

During growth spurts, the calcaneal growth plate is relatively weaker compared to the surrounding tissues. Repetitive stress leads to microtrauma and inflammation, resulting in pain localized at the posterior heel, often aggravated by activity and relieved with rest.

Symptoms and Diagnosis

Common Symptoms

- Heel pain localized at the posterior aspect.
- Pain that worsens with activity and improves with rest.
- Tenderness upon palpation of the calcaneal growth plate.
- Swelling or mild inflammation.
- Discomfort during or after physical activity.
- Occasionally, limping or altered gait to avoid heel pain.

Diagnostic Approach

Diagnosing Sever's disease involves a combination of clinical assessment and, occasionally, imaging:

- History and Physical Exam: Focus on activity-related pain, tenderness at the heel, and calf muscle tightness.
- Imaging Tests: Usually not necessary, but X-rays can rule out other causes like fractures or calcaneal cysts. MRI is rarely indicated but can show inflammation if diagnosis is uncertain.

Principles of Sever's Disease Treatment

The core goal is to reduce inflammation, alleviate pain, and prevent further injury while allowing the child to continue normal activities as tolerated. Treatment strategies are multifaceted, combining conservative measures with modifications in activity.

Conservative Management Strategies

Rest and Activity Modification

- Limit or temporarily cease high-impact sports and activities that exacerbate symptoms.
- Encourage low-impact activities such as swimming or cycling, which do not stress the heel.
- Emphasize rest during flare-ups, but avoid complete immobilization unless necessary.

Ice Therapy

- Apply ice packs to the heel for 15-20 minutes after activity or when pain worsens.
- Use a cloth barrier to prevent frostbite.
- Regular icing helps reduce inflammation and swelling.

Heel Support and Orthotics

- Heel cups or pads: Provide cushioning and reduce heel impact.
- Orthotic devices: Custom or over-the-counter insoles with heel inserts can correct biomechanical issues and distribute pressure evenly.
- Proper footwear: Shoes with firm heel counters, good arch support, and shock absorption are essential.

Stretching and Strengthening Exercises

- Calf stretches: Gently stretch gastrocnemius and soleus muscles to reduce tension on the Achilles

tendon.

- Achilles tendon stretching: Essential to improve flexibility.
- Strengthening exercises: Focus on stabilizers and core muscles to promote biomechanical stability.

NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)

- Over-the-counter medications such as ibuprofen or naproxen can effectively reduce pain and inflammation.
- Dosage should be age-appropriate and used under medical supervision.
- Always follow recommended guidelines to avoid side effects.

Advanced and Adjunct Therapies

Physical Therapy

- Tailored programs to improve flexibility, strength, and biomechanics.
- Techniques include manual therapy, ultrasound, or electrical stimulation.
- Physical therapists can also guide proper footwear and orthotic use.

Extracorporeal Shock Wave Therapy (ESWT)

- Emerging evidence suggests ESWT may facilitate healing by promoting blood flow and tissue regeneration.
- Usually reserved for persistent cases unresponsive to conservative measures.

Immobilization

- Rarely necessary but may include the use of a cast or walking boot during severe flare-ups.
- Typically, immobilization is short-term to reduce inflammation and allow healing.

Injections and Pharmacological Interventions

- Corticosteroid injections are generally avoided due to potential side effects.
- Focus remains on non-invasive methods.

When to Seek Medical Attention

While Sever's disease is self-limiting, persistent or worsening symptoms warrant professional evaluation:

- Symptoms lasting longer than 6-8 weeks despite conservative management.
- Severe pain that limits activity significantly.
- Signs of infection (redness, warmth, fever).
- Unusual swelling or deformity.
- Difficulty walking or bearing weight.

Preventive Measures and Long-Term Management

Addressing Biomechanical Factors

- Correcting gait abnormalities with orthotics.
- Ensuring proper footwear.
- Maintaining flexibility in calf muscles.

Gradual Return to Activities

- Reintroduce sports gradually once symptoms resolve.
- Emphasize proper warm-up and stretching routines.
- Avoid sudden increases in activity intensity.

Monitoring Growth and Development

- Regular check-ups during growth spurts.
- Early intervention if heel pain or other musculoskeletal issues arise.

Creating a Sever's Disease Treatment PDF: Content Tips and Resources

For healthcare providers and educators, creating a comprehensive Sever's disease treatment PDF involves compiling evidence-based guidelines, practical advice, and visual aids:

- Include diagrams of foot anatomy highlighting the calcaneus and Achilles tendon.
- Provide step-by-step treatment protocols.
- Offer sample stretching and strengthening exercises with illustrations.
- Incorporate patient education handouts emphasizing activity modification and footwear choices.
- List reputable sources and references for further reading, such as pediatric orthopedic guidelines.

Useful Resources:

- American Academy of Orthopaedic Surgeons (AAOS) guidelines.
- Pediatric sports medicine textbooks.

- Peer-reviewed journal articles on calcaneal apophysitis.
- Patient education PDFs from reputable medical organizations.

Conclusion

Managing Sever's disease effectively requires a comprehensive understanding of its pathophysiology and adherence to conservative treatment principles. The availability of a well-structured Sever's disease treatment PDF can serve as a valuable tool, providing clear guidance for clinicians, parents, and young athletes. Emphasizing activity modification, proper footwear, stretching, and gradual return to activity forms the cornerstone of successful management. Most children recover fully with appropriate care, allowing them to return to their favorite sports and activities without long-term consequences.

Remember: Early diagnosis and intervention are vital to prevent prolonged discomfort and potential complications. Always consult healthcare professionals for personalized treatment plans tailored to the child's specific needs.

This comprehensive guide aims to inform and support effective management strategies for Sever's disease, ensuring children can heal swiftly and safely.

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sever s disease treatment pdf: Mosby's Oncology Nursing Advisor - E-Book Susan Maloney, Margie Hickey, Jeannine M. Brant, 2023-09-05 **Selected for Doody's Core Titles® 2024 with Essential Purchase designation in Oncology**Find oncology information fast with this concise, all-in-one clinical reference! Mosby's Oncology Nursing Advisor, 3rd Edition uses a streamlined format to provide quick access to the most essential information on oncology nursing care. Evidence-based guidelines include topics such as the major cancers, principles of cancer management, and principles of symptom management, as well as oncologic emergencies, palliative care, and nursing practice considerations. This edition includes new information on cancer treatments, genetic risk, chemotherapy guidelines, and more. Written by a team of oncology nursing experts led by Susan Maloney-Newton, this book is ideal for use in any oncology nursing setting. - Detailed descriptions of more than 50 major cancer types provide essential information on incidence, etiology and risk factors, signs and symptoms, diagnostic workup, histology, staging, treatment, prognosis, and prevention. - Coverage of cancer management principles outlines a wide range of treatment and pharmacologic modalities, including surgery, chemotherapy, radiation therapy, hormonal therapy, immunotherapy, and complementary and alternative therapies. - Symptom management guidelines offer in-depth coverage of pathophysiology, signs and symptoms, assessment tools, lab and diagnostic tests, differential diagnoses, interventions, patient education, follow up care, and resources for more than 30 common symptoms associated with cancer and cancer treatments. - Essential information on oncologic emergencies and emergent issues prepares readers to respond quickly to structural, urologic, metabolic, and hematologic emergencies. - Section on palliative care and end-of-life issues offers helpful guidelines for dealing with topics

related to survivorship, palliative care, the final hours of the cancer patient, and loss, grief, and bereavement. - NEW! Updated content reflects the latest evidence-based information, including cancer biology, cancer treatment modalities, the latest chemotherapy guidelines, and a stronger emphasis on oral agents. - NEW! New content addresses the concept of previvorship, the concept of coping with a documented genetically linked high cancer risk. - NEW! Enhanced content on health disparities, diversity and inclusion, and transgender considerations equips oncology nurses with essential information to promote health equity. - NEW! Key recommendations of the 2020-2030 Future of Nursing Report are integrated into the Nursing Practice Considerations section. - NEW! Content on the impact of the COVID pandemic includes delayed diagnosis and treatment and the impact of COVID sequelae on the health of patients with cancer. - NEW! Added content on palliative care is included in an expanded Pain chapter. - NEW! Full-color design and additional illustrations make it easier to use the book and to understand concepts. - NEW! Pulmonary Symptoms chapter now includes cough, dyspnea, and pleural effusion content.

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Charles J. Lockwood, Thomas Moore, Joshua Copel, Robert M Silver, Robert Resnik, 2022-09-07 The definitive reference in the field for more than 35 years, Creasy and Resnik's Maternal-Fetal Medicine provides today's MFM practitioners with authoritative, comprehensive guidance on every aspect of this fast-changing field. The fully revised 9th Edition brings you up to date with the latest evidence-based guidelines and research as well as the fundamental scientific foundation needed for effective practice, helping you minimize complications and ensure the best possible outcomes for your patients. Renowned experts in obstetrics, gynecology, and perinatology provide valuable information in every area of complex obstetric care, highlighting the most commonly encountered anomalies and providing clear guidelines for obstetric and neonatal management. - Offers comprehensive updates on rapidly changing topics, including extensively revised genetic content throughout. - Includes two new chapters: maternal and fetal viral infections, including COVID-19; and sexually transmitted disease, covering the epidemiology, pathogenesis, diagnosis, and treatment of individual infectious diseases that may complicate pregnancy. - Contains user-friendly features such as numerous diagnostic and treatment algorithms for quick access to current protocols; key points at the end of each chapter; and counseling pearls with practical guidance on patient consultation. - Features a comprehensive imaging section, including a video library to aid in everyday diagnosis. - Shares the expertise of a renowned editorial team—including new co-editors Drs. Lorraine Dugoff and Judette M. Louis—who lead authors representing top institutions from around the globe. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

sever s disease treatment pdf: HEALTHCARE MANAGEMENT: OPTIMIZATION OF RESOURCES AND DETERMINING SUCCESS AND PERFORMANCE FACTORS Dr. Imran Aslan, 2016-08-17 One of the aims of this study is to find weaknesses and strengths of healthcare industry by defining problems, finding solutions and suggesting some models through existing studies and analyzing current healthcare system in Turkey and other developed countries. These critical parts are tried to be modeled in case studies in each chapter such as dialysis analysis, breast cancer, congestion of system, stress, queues etc. Main problems depending on hospital type are defined and some solutions are tried to be developed. Later, the existing systems of the hospitals are generalized. Opportunities and threats of specific and general situations are determined in healthcare by SWOT analysis. Moreover, SWOT method and bench-marking are used to deploy strategies by TOWS matrix. This book can be used in every country to improve their current healthcare system and increase learning and awareness in health.

sever s disease treatment pdf: Emerging Infectious Diseases , 2018

sever s disease treatment pdf: Kidney and Urinary Tract Diseases in the Newborn Aftab

S. Chishti, Shumyle Alam, Stefan G. Kiessling, 2013-12-11 This book provides a comprehensive and up-to-date overview of all key issues related to kidney and urinary tract disease in full-term and

premature newborns. Among the many topics addressed are fluid and electrolyte abnormalities, hydronephrosis, urinary tract infection, obstructive uropathy and renal replacement therapy. The approach throughout is clinically oriented, the aim being to provide the reader with hands-on guidance. Each chapter commences with a clinical case vignette and concludes with a take-home message highlighting key aspects of practical importance. In addition, however, informative reviews of the literature and the basic sciences are included. No other book currently on the market focuses solely on the newborn, and *Kidney and Urinary Tract Diseases in the Newborn* will be especially valuable to those undergoing fellowship training in neonatology or pediatric nephrology/urology.

sever s disease treatment pdf: Pathophysiology and Pharmacotherapy of Cardiovascular Disease Gowraganahalli Jagadeesh, Pitchai Balakumar, Khin Maung-U, 2015-05-06 The present book covers the basic principles of cardiovascular physiology, pathophysiology and advanced pharmacology with particular emphasis on cellular mechanisms of drug action. It provides an update on the progress made in several aspects of cardiovascular diseases so that it might kindle scientists and clinicians alike in furthering basic and translational research. In addition, the book is expected to fill imperative gaps in understanding and optimally treating cardiovascular disease.

sever s disease treatment pdf: Mast Cells United: A Holistic Approach to Mast Cell Activation Syndrome Amber Walker, 2019-03-16 At 542 pages and referencing over 1200 academic articles, this book is the longest and most thorough resource on mast cell activation syndrome (MCAS) to date. Allergies and anaphylaxis are on the rise, alongside gastrointestinal problems, skin issues, fatigue, orthopedic pain, neurological symptoms, and just about everything in between. Patients are coming out of the woodwork with chronic, debilitating, often invisible illness. Recent research estimates that 14%-17% of the population may have mast cell activation disease. Much of the medical community has never heard of the condition, and existing mainstream treatment tends to focus predominantly on pharmacological management. However, once a patient has reached a stable baseline, there are a number of other individualized approaches that can guide patients to successfully address the underlying root issues. This book includes: 1) an in-depth overview of mast cell activation disease, with a focus on mast cell activation syndrome (MCAS); 2) a patient story describing life with MCAS; 3) a detailed literature review and current hypotheses for disease origins; 4) a practical guide of clinical considerations for diagnosis; 5) a chapter devoted to comorbid conditions, including Ehlers-Danlos syndrome, POTS, Lyme disease and much more; 6) several chapters devoted to mainstream and natural treatment options, dietary considerations, and strategies for holistic healing; 7) content from dozens of interviews with prominent MCAS experts, including specialists in allergy/immunology, hematology, functional medicine, naturopathy, psychology, nutrition, gastroenterology, physical therapy, clinical research, and more! Whether a patient, medical practitioner, or family member/friend, this book empowers readers and provides patients with concrete steps to move forward in the diagnosis and comprehensive treatment of mast cell activation syndrome.

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rheumatoid arthritis, systemic lupus erythematosus, juvenile idiopathic arthritis, osteoarthritis, and systemic sclerosis. Featuring reviews of Patient Reported Outcome tools and Physician RheuMetric Measures as well as examples of patient reported outcome questionnaires, Patient Reported Outcome Measures in Rheumatic Diseases serves as an excellent introduction and resource for implementation of PROMs in clinical rheumatology practice.

sever s disease treatment pdf: Diseases of the Oral Mucosa Enno Schmidt, 2022-01-10 This textbook details the latest diagnostic and management options available when treating patients with diseases affecting the oral mucosa. It comprehensively covers the content required to successfully pass dermatology and stomatology board examinations, while being a valuable resource for dentistry trainees. Chapters cover aspects of mucosal immunity and clinical scores along with a range of diseases. Didactic features including learning objectives enable the reader to better extrapolate the key concepts covered in each chapter. Diseases of the Oral Mucosa: Study Guide and Review presents an in depth overview of the latest diagnostic tools and management options available for diseases of the oral mucosa and is an ideal resource for trainee and practising dentists, dermatologists and stomatologists preparing to sit board examinations.

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sever s disease treatment pdf: Pediatric Psychogastroenterology Miranda van Tilburg, Bonney Reed, Simon R. Knowles, 2023-11-01 Bringing together international experts in psychological and behavioural treatments for pediatric gastrointestinal symptoms, this book provides detailed, evidence-based protocols targeting gastrointestinal distress and associated mental health concerns for patients and their families. The first consolidated resource on the topic, Pediatric Psychogastroenterology gives mental health professionals access to the most up to date clinical knowledge and practice. Taking a holistic approach, it guides the reader on the treatment and care of pediatric gastrointestinal patients, as well as how to work with and support children's parents and families. The book is structured around symptom presentation and common challenges, enabling the reader to focus quickly on the area of need. Each chapter includes clinical pearls of wisdom and 62 developmentally appropriate worksheets for patients and their families to facilitate treatment, available for download. This practical, authoritative guide is an essential resource for mental health professionals who work directly with pediatric cohorts, as well as postgraduate students in health psychology, behavioral medicine, or social work.

sever s disease treatment pdf: Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Institute of Medicine, Board on the Health of Select Populations, Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder, 2012-07-22 Prior to the military conflicts in Iraq and Afghanistan, wars and conflicts have been characterized by such injuries as infectious diseases and catastrophic gunshot wounds. However, the signature injuries sustained by United States military personnel in these most recent conflicts are blast wounds and the psychiatric consequences to combat, particularly posttraumatic stress disorder (PTSD), which affects an estimated 13 to 20 percent of U.S. service members who have fought in Iraq or Afghanistan since 2001. PTSD is triggered by a specific traumatic event - including combat - which leads to symptoms such as persistent re-experiencing of the event; emotional numbing or avoidance of thoughts, feelings, conversations, or places associated with the trauma; and hyperarousal, such as exaggerated startle responses or difficulty concentrating. As the U.S. reduces its military involvement in the Middle East, the Departments of Defense (DoD) and Veterans Affairs (VA) anticipate that increasing numbers of returning veterans will need PTSD services. As a result, Congress asked the DoD, in consultation with the VA, to sponsor an IOM study to assess both departments' PTSD treatment programs and services. Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations: Initial Assessment is the first of two mandated reports examines

some of the available programs to prevent, diagnose, treat, and rehabilitate those who have PTSD and encourages further research that can help to improve PTSD care.

sever s disease treatment pdf: Physical Activity and Health Guidelines Riva Rahl, 2010-06-02 Sifting through the numerous guidelines on physical activity and health published by government agencies, professional organizations, and associations can be a daunting task. Information exists in all types of formats and locations—including government documents, press releases, and Web sites—so simply finding those guidelines can be an ordeal. PhysicalActivity and Health Guidelines puts the current information in one place—at your fingertips. Physical Activity and Health Guidelines compiles the latest recommendations from various leading sources and organizations into a single text. This one-of-kind resource provides quick reference to physical activity and health recommendations for healthy people and for those with chronic conditions across all age groups. All readers—physicians, physical therapists, fitness professionals, and general fitness enthusiasts—will be able to locate individualized recommendations regarding appropriate levels and types of physical activity. Specific activity recommendations for people with diabetes, asthma, osteoarthritis, and cerebral palsy are detailed in this text. Other guidelines for the prevention of common chronic diseases such as cancer, coronary artery disease, osteoporosis, and metabolic syndrome are also shared. This text also includes the following information:

- The components of exercise program design, which will assist readers in preparing to implement individual and group exercise programs
- How physical activity recommendations can help people meet weight-management guidelines
- Information on purchasing and using exercise equipment such as treadmills, heart rate monitors, weight training machines, and exercise videos
- Guidelines for cardiac testing and other exercise testing to assist in the implementation and evaluation of physical activity programs as well as the assessment of the safety of these programs for people with chronic conditions

For ease of use, Physical Activity and Health Guidelines presents information in a consistent format for each entry, including the date issued or most recently updated, the issuing organization, appropriate population, and location of the guidelines (with Web sites when available). Recommendations are given for aerobic, resistance, and flexibility training; further specifications regarding the frequency, intensity, duration, and type of activity are included. An appendix lists additional resources divided by topic and includes Web addresses of key organizations, statements, and other physical activity and health-related tools. Physical Activity and Health Guidelines is the first text to gather the wealth of information regarding physical activity, exercise, and health needs and recommendations into a single source. Convenient and easy to use, this unique text will help readers understand the requirements for safe and effective physical activity for all people regardless of health conditions, and it offers the basic knowledge and tools for designing and implementing appropriate physical activity programs.

sever s disease treatment pdf: Orthopaedic Physical Therapy Secrets - E-Book Jeffrey D. Placzek, David A. Boyce, 2016-09-10 Whether you're preparing for the OCS or just want to brush up on your orthopedic knowledge, you don't want to be without Placzek and Boyce's new third edition of Orthopaedic Physical Therapy SECRETS. As with previous editions, SECRETS covers a variety of different physical therapy concepts, healing modalities, specialties, and orthopedic procedures to ensure you are well-prepared to pass the OCS and provide the best orthopedic therapy options for today's patients. Common diseases are included as well as more innovative diagnostic tools. Each chapter features thoroughly updated content that's entirely evidence-based and outcome-based. This ebook also features insightful anecdotes — including clinical tips, memory aids, and secrets — and helpful review tools — such as bulleted lists, algorithms and illustrations — to help you thoroughly master all aspects of orthopedic physical therapy practice.

- Coverage of topics found on the orthopedic specialty exam makes this a useful review resource for those studying for the exam.
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Completely updated content reflects the latest physical therapy guidelines. - NEW! Electronic-only format makes this study tool completely portable and accessible on a variety of devices such as the Kindle, Nook, iPad, and more.

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