

Resurslitteraturlista

Idrottsmedicin, 7,5 hp
8FYA19, 8FA254, 8MM230

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RESURSLITTERATURLISTA

Rekommenderad litteratur

Augustsson J, Augustsson S, Karlsson J, Thomeé R, Wernbom M. Styrketräning för idrott, motion och rehabilitering. SISU Idrottsböcker 2008.

Bahr R, Maehlum S. Förebygga, behandla, rehabilitera idrottsskador. SISU Idrottsböcker 2004.

Brukner P, Khan K. Clinical Sports Medicine. McGraw-Hill Education / Australia 2017.

Elphinston J. Total stabilitetsträning. SISU Idrottsböcker 2014.

Haff G G, Triplett N T. Essentials of Strength Training and Conditioning. 4th Edition with web resource. NSCA -National Strength & Conditioning Association 2016.

Karlsson J, Swärd L, Thomeé R. Nya Motions- & idrottsskador och deras rehabilitering. SISU Idrottsböcker 2011.

Kolt G, Snyder-Mackler L. Physical Therapies in Sport and Exercise. Churchill Livingstone 2007.

Nedim Doral M, Karlsson J. Sports Injuries. Prevention, Diagnosis, Treatment and Rehabilitation. Springer 2017. ISBN: 978-3-642-36801-1. [Elektronisk resurs]
<http://link.springer.com/referencework/10.1007/978-3-642-36801-1>

Nunley J. The Achilles Tendon: Treatment and Rehabilitation. New York, NY: Springer-Verlag New York 2009. [Elektronisk resurs]
<https://login.e.bibl.liu.se/login?url=http://link.springer.com/book/10.1007/978-0-387-79205-7>

Shumway-Cook, A., Wollacott, MH. Motor Control. Translating research into clinical practice. 5:th edition Lippincott Williams & Wilkins 2016.

Zatsiorsky V. Biomechanics in Sport: Performance Enhancement and Injury Prevention. Blackwell Science Ltd. 2000. [Elektronisk resurs]
<https://onlinelibrary.wiley.com/doi/book/10.1002/9780470693797>

Till stor del används också aktuella vetenskapliga artiklar. Under terminen kan ytterligare rekommenderad litteratur anslås på LISAM.