

Learning Resources

Arthroscopic Meniscectomy Vol 1.7 And Surgical Man

The Orthosat Series

Post Secondary - Advanced, Adult, Professional
60 minutes, order 1-3419-IN

Arthroscopic Meniscectomy

The Orthosat Series

Serious complications can arise from an arthroscopic meniscectomy via a single portal. Dr. Dinesh Patel, an orthopaedist from Harvard Medical School, demonstrates a new procedure which minimizes iatrogenic effects by using two portals during meniscectomy. Dr. Patel shows how entering through both the widest point of the patella and the medial border of the patella tendon enables a surgeon to better access and remove meniscus. This program features a complete video-tape of an operation which includes knee irrigation, arthroscopy, location of the second portal, removal of meniscus, rim balancing, and closure.

Post Secondary - Advanced, Adult, Professional
22 minutes, order 1-3703-IN

A selection of videos for patients and clinic staff

Caring For The Poisoned Patient

The Ems Vitals Series

Emergency calls often involve victims suffering from accidental poisoning. Dr. Steven M Marcus, Project Director for New Jersey Poison Information System, tells emergency responders how to evaluate and treat a poison victim and when to induce stomach emptying. He discusses the use of IPECAC syrup and activated charcoal, and he reviews the most common medications and drugs that are found in poisoning victims. The program concludes with a short tour and description of a poison control centre.

Post Secondary - Advanced, Adult, Professional
28 minutes, order 1-3738-IN

Exercise And Sudden Death

Our nationwide preoccupation with physical fitness has motivated a closer look at the incidence of sudden death during exercise. This discussion reviews the cardiovascular pathology associated with hypertrophic cardiomyopathy, anomalous left coronary artery disease, atherosclerotic coronary artery disease, and valvular heart disease. Screening techniques to identify high risk athletes over and under age 35 are presented, with general contraindications for vigorous physical activity.

Institute: UCLA. Presenters: Dr. James C. Puffer.
Accreditation: UCLA/ ACEP
Credit Hours: 1.

Post Secondary - Advanced, Professional
30 minutes, order 1-5461-IN

Heat Illness And Athletics

This discussion presents the physician with the major disorders consequent to heat stress in the athlete. The mechanisms, symptoms, complications, treatment, and prevention of

heatstroke, heat exhaustion, and heat cramps as they occur in the healthy athlete are reviewed.

Institute: Southwestern Medical School. Presenters: Dr. James P. Knochel.
Accreditation: UCLA/ ACEP
Credit Hours: 1.

Post Secondary - Advanced, Adult, Professional
30 minutes, order 1-5243-IN

It's Your Back: Volume 1 And 2 (At Home, At Work, At Play)

Practical advice on minimizing your risks of back pain.

Learn the basics about caring for your back, including proper techniques for lifting, carrying, standing, driving, sleeping, bending and more.

Health professionals provide their tips for "first aid" for minor back pain.

Volume 1: At Home At Work

Three curves - sleeping - sitting - standing - walking - stress - lifting - carrying - pushing/pulling - squatting - prevention

Volume 2: At Play

Warming up - yard work - lifting - basketball - "weekend warrior" - plumbing - fishing - basic first aid - summary

Adult
33 minutes, order 9-5026-IN



Learning Resources

Knee Arthroscopy For The Non-arthroscopist

With the new techniques that have recently been developed in arthroscopic surgery, many of the joint problems that previously required open surgery can now be managed during a minor outpatient procedure. Dr. Sprague, a pioneer in this field, gives a detailed presentation of the procedure, discussing both its benefits and limitations.

Institute: UCLA School of Medicine. Presenters: Dr. Norman F. Sprague, III.
Accreditation: UCLA Credit Hours: 1.

Post Secondary - Advanced, Professional
30 minutes, order 1-5445-IN

Management Of The Ankle Sprain

Post Secondary - Advanced, Adult, Professional
minutes, order 0-191-IN

Shoulder Evaluation

Post Secondary - Advanced, Adult, Professional
54 minutes, order 1-6259-IN

Ski And Snowboard Safety

New for 2000! Everything the beginner or experienced skier needs to know about safety. Recommended for ages 10 to 18.

Adult, Ages 12-18
10 minutes, order 2-3139-IN

The Sports Medicine Series

Sports Nutrition

Nutrition is an important aspect of prevention and intervention in sports medicine. This program discusses proper exercise and nutrition, how to prepare for endurance events, and how to adjust exercises for different climates. It also looks at the importance of exercises in a weight control program, outlining the difference between underweight and under-fat.
59 minutes, order 1-3384

What is Sports Medicine?

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

Sports medicine is really a combination of disciplines, among which are internal medicine, orthopedic surgery, and preventive medicine. It is a comprehensive approach designed to prevent, treat, and rehabilitate sports-related injuries. Thus, its application ideally begins with an assessment of physical fitness, from which an exercise program is developed.
12 minutes, order 1-5377

Pediatric Sports Medicine

Special problems of children are discussed.
11 minutes, order 1-5378

Knee Injuries

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

The knee is infamous in sports medicine. Although not an inherently weak joint, it is vulnerable to torsional damage of the cartilage pad and ligament injuries.
12 minutes, order 1-5379

Shoulder Injuries

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

One of the most commonly injured parts of the body is the shoulder, which, although it has a greater range of motion than any other joint, is inherently weak and quite susceptible to sports injuries.
9 minutes, order 1-5380

Elbow, Wrist & Hand Injuries

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

Elbow, wrist, and hand perform three different functions as one cohesive unit. As such, they are a frequent source of overuse injuries, e.g., "tennis elbow."
11 minutes, order 1-5381

Foot, and Ankle Injuries

Most injuries to the foot and ankle are not devastating and can be treated nonoperatively. This program reviews anatomic considerations, describes common injuries (ankle sprains, Achilles tendonitis, stress fractures), and discusses care and rehabilitation.
12 minutes, order 1-5382

Head, Neck and Spine Injuries

Injuries affecting the neck, spine, and back can be chronic or even potentially catastrophic. Learn how to avoid injury by doing warm-ups and stretches, using the proper equipment, and undertaking strengthening exercises.
12 minutes, order 1-5383



Learning Resources

Running and Dance Injuries

Aerobic exercise is enormously healthful but hardly risk-free. Running often causes stress-related injuries, particularly to the knee. Dancers are very susceptible to stress fractures.

11 minutes, order 1-5384

Aerobic and Weight Lifting Injuries

An aerobic workout can improve cardiovascular capacity, but if improperly done it may wreak havoc on other parts of the body—especially the feet. Similarly, body-building can do wonders for the muscular system, but the incautious and overenthusiastic beginner is a prime candidate for muscle pulls and ligament sprains.

12 minutes, order 1-5385

The Athletic Trainer

Trainer from the New York Giants talks about the role of the athletic trainer in a sports organization. An examination is made of the sports trainer's responsibilities which include: screening prospective team members, administering acute care, preventative procedures and the introduction of protective equipment.

53 minutes, order 1-3380

Cybox: New Frontiers

Fitness expert Jack Spratt explores the uses of the cybox machine in isokinetic muscle testing, training and rehabilitation. This examination includes and extensive overview of muscle physiology and an example of cybox testing.

57 minutes, order 1-3382

Professional

271 minutes, order 1-3380-IN

Total Knee Orthroplasty & Treatment Of Distal Radius Fractur

The Orthosat Series

30 minutes, order 1-3557-IN

What Is Sports Medicine

A look at a complex specialty designed to prevent, treat, and rehabilitate sports-related injuries.

Post Secondary - Advanced, Professional, Post Secondary - Introductory

21 minutes, order 1-6419-IN

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