

## **ESSENTIAL ARTICLES OF PM&R**

### **SPORTS MEDICINE AND MUSCULOSKELETAL ULTRASOUND**

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#### **Pre-participation Evaluation**

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##### **Sports injuries in high school athletes: A review of injury-risk and injury-prevention research.**

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##### **Incidence and distribution of pediatric sport-related injuries.**

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##### **American Academy of Pediatrics Council on Sports Medicine and Fitness: Overuse injuries, overtraining, and burnout in child and adolescent athletes.**

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#### **Biomechanics of Common Sporting Injuries**

##### **Ulnar collateral ligament reconstruction in high school baseball players: Clinical results and injury risk factors.**

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##### **Effectiveness of foot orthoses for treatment and prevention of lower limb injuries: A review.**

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#### **MSK/Soft Tissue Injections**

##### **Intra-articular therapy in osteoarthritis.**

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### **Concussion: Sideline Evaluation and Return to Play**

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#### **Management of the helmeted athlete with suspected cervical spine injury.**

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### **Female Athlete Triad**

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### **Performing Arts**

#### **Dancers' and musicians' injuries.**

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#### **Common musculoskeletal problems in the performing artist.**

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**Interventional musculoskeletal ultrasound in sports Medicine.**

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