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Independent Study and Mentorship

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Annotated Bibliography

"New Sports Medicine Study Findings Recently Were Reported by Researchers at Shandong Provincial Hospital (Comparison of Analgesia Treatment Methods After Arthroscopic Rotator Cuff Repair: a Network Meta-analysis of 42 Randomized Controlled ...)." *Health & Medicine Week*, 23 June 2023, p. 3983. *Gale In Context: Environmental Studies*, link.gale.com/apps/doc/A753374190/GPS?u=j043905001&sid=bookmark-GPS&xid=1b5648a9. Accessed 8 Sept. 2023.

Health & Medicine reports on data from Shandong, People's Republic of China, as studies clarify the unclear optimal method to perform ARCR surgeries, arthroscopic rotator cuff repair. Shandong Provincial Hospital shares their guidelines with medical data bases testing controlled trails using methods of pain management after different procedures. Unlike other research, this study uses data focusing on morphine and a placebo to compare the pain management to the surgery in a controlled trial. Using data and different sources, this article compares the two surgeries and pain methods to prove that ARCR surgeries responded less severe to the placebo, yet the SSNB showed damage in the nerve block with the placebo in effect. With credible sources, this article expresses new research discovering the newfound difference that ARCR surgeries has from other rotator cuff repairs. This research continues to advance the face of orthopedic sports medicine as new data expresses better methods for treating athletes.

"Report Summarizes COVID-19 Study Findings from University Hospitals Sports Medicine Institute (Wearable technology in the sports medicine clinic to guide the return-to-play and performance protocols of athletes following a COVID-19 diagnosis)." *TB & Outbreaks Week*, 25 July 2023, p. 276. *Gale General OneFile Custom*, link.gale.com/apps/doc/A758198036/GPS?u=j043905001&sid=bookmark-GPS&xid=7583a57a. Accessed 7 Sept. 2023.

An editor from TC & Outbreaks Week shares newfound research from the University Hospitals Sports Medicine explaining the return rate of players from the global wide pandemic COVID-19. Before the findings from this study, many medical professionals were not focused on the musculoskeletal, physchological, cardiopulmonary, and thermoregulatory side of the COVID-19 effects on athletes. Further research shows that wearable technology can improve the effects that injuries and sickness can have as it aids athletes effected to COVID-19 and their return rate to playing. Overall, as this global pandemic continues to effect athletes around the world it is important for the research to exemplify extreme improvements in the health of these athletes and their ability to maintain that health in recovery through procautions set by researchers. Through many sources, the writer is able to explain to the reader the effect that COVID-19 has on athletes and how sports medicine is developing technology to improve the health of many.

"Research Reports from Epworth Healthcare Provide New Insights into Sports Medicine (Comparison of Return-to-Sports Rates Between Male and Female Australian Athletes After ACL Reconstruction)." *Health & Medicine Week*, 23 June 2023, p. 696. *Gale In Context: Environmental Studies*,

link.gale.com/apps/doc/A753375047/GPS?u=j043905001&sid=bookmark-GPS&xid=86795857. Accessed 8 Sept. 2023.

NewsRx publishes research from Epworth Healthcare comparing return to sports rates between male and females as well a living locations for people who have anterior cruciate ligament reconstructions. For comparison, many researchers believed that return to sport rates varied between men and women after these reconstructions. This study changes many opinions as it better compares the return to sport rate for not just men and women but the difference between metroplexes and rural living areas. The study shows that there wasnt a sex-based difference for athletes that returned to sports but there was a lower rate of return to sport on the metropolitan area women compared to rural area women. Through the test performed by Epworth Healthcare many readers are informed that return to sport rates are based on many factors other than the previously compared sex-based studies. This research allows for sports medicine to gain new ideas and studies to compare many different factors to continue to advance medicine.

"Researcher at Institute of Sports Medicine of Peking University Releases New Study Findings on Sports Medicine (Return to Sport After Anatomic Lateral Ankle Stabilization Surgery for Chronic Ankle Instability: A Systematic Review and ...)." *Health & Medicine Week*, 7 July 2023, p. 755. *Gale In Context: Environmental Studies*, link.gale.com/apps/doc/A755501310/GPS?u=j043905001&sid=bookmark-GPS&xid=e64e850d. Accessed 7 Sept. 2023.

Health & Medicine Week share new findings found from researches at the Institute of Sports Medicine of Peking University as they contribute findings that ankle sprains can

be treated more effectively with repair and a better return-to-sport rate for athletes after a anatomic lateral ankle stabilization surgery. This article introduces the new findings from July 2, 2023 to introduce the ideas and studies that researchers haven't found before based on the return rate of just simply returning to sport, returning to their preinjury level of sport, returning to competitive sport, and the return for professional athletes after the reconstruction. Many researchers beforehand were sceptic about the differences arthroscopy and open surgery as well as repair or reconstruction, yet this new research shares that there is no difference. Overall, this is important new found research to explain that as ankle injuries are so prominent in sports, medicine has the ability to keep up with the return rates for athletes. With credible sources, the writer is able to share the contribution the ALAS surgery has on sports medicine.

"Researchers from National Institute of Education Describe Research in Sports Medicine and Health Science (Effectiveness of overuse injury prevention programs on upper extremity performance in overhead youth athletes: A systematic review)." *Health & Medicine Week*, 14 July 2023, p. 5656. *Gale In Context: Environmental Studies*, link.gale.com/apps/doc/A756563917/GPS?u=j043905001&sid=bookmark-GPS&xid=1c76d23c. Accessed 7 Sept. 2023.

Health & Medicine shares a new study in injury prevention that has been implemented by researchers from the National Institue of Education to help young athletes. From a young age kids begin to hurt their strength as the overuse attempts to damage their body. Specific measures and studies in the article show that through certain databases researchers were able to implement training programs and see how that improved their strength, mobility, and sport specific measures during their athletic performances as well

as avoiding injury. This article uses credible sources to implement the idea to readers that many youth athletes are not aware of the ways to prevent injuries, yet this program integrates things including strength, mobility, and plyometrics to kids at a young age. Injury prevention is done in many different ways in sports medicine, but this program shares new research and an effective way for people to learn to understand the importance of it. Overall, this research uses specific measures and tests to exemplify the importance of sports medicine and physical activity to even a young athlete.