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In growing children the bone is often the first to give way, and in ligament injuries an avulsion fracture or epiphyseal injury is therefore more likely than a torn ligament (ankle injuries in children older than 12 years are an exception). The treatment goals of a sprained ligament are to relieve acute pain, reduce swelling and impose a short period of immobilisation followed by active mobilisation. A unique and practical guide for owners whose dogs develop this debilitating disease, and who want to know all about how best to help their dog, by understanding how their vet will treat the condition, and what kind of issues they need to be aware of. Includes information on exercise, and hints on how to get your dog moving again after surgery, all written in an easy-to-understand style. Discover how to motivate your dog towards recovery! • Unique and practical guide with easy to understand text • Step-by-step explanation of all phases of the conditions and its symptoms • Understand what the vet advises • Help your dog remain calm in a stressful situation • Surgical options • Aftercare options • Make the right decision about what to do next • Discover how you and your faithful friend can enjoy life just as you always have! n this issue of *Clinics in Sports Medicine*, Dr. Theodore Ganley and colleagues will discuss a wide range of topics in sports medicine pertaining specifically to children and adolescents. Articles will include topics on tibial spine fractures, partial ACL injuries, treatment algorithms based on skeletal maturity, proprioceptive training, preventing injuries by avoiding overtraining and burnout, rehabilitation, and more. Injuries of the foot and ankle can be debilitating and lead to chronic instabilities that can impede the daily activities of patients. As a result, it requires a solid understanding of foot and ankle anatomy and pathology in order to diagnosis these types of injuries and establish a clear treatment regimen for the patient to be functional and prevent long-term complications. For the foot and ankle specialist, the understanding of the injury patterns and treatment algorithms continues to evolve with the addition of new information on non-surgical and surgical techniques that are continuing to be introduced to the medical community. However, it is important to determine how the latest developments and treatment advances are disseminated through an evidence-based approach, to allow for proper evaluation of their usefulness as well as how to properly initiate and perform these treatments during patient care. To that end, this book provides a comprehensive overview of the diagnosis and management of muscle, tendon and ligament injuries of the foot and ankle. Opening with a review of diagnostic and imaging procedures, focused, concise chapters then describe the current evaluation and management strategies for a wide variety of soft tissue conditions, including turf toe, Lisfranc injuries, acute and chronic later ankle injuries, subtalar joint injuries, peroneal tendon injuries, and Achilles tendon injuries, among others. Each chapter brings together and reviews the latest literature on the topic, offering evidence-based guidelines for foot and ankle specialists, orthopedic surgeons and podiatrists as well as residents, fellows and all staff involved in the treatment of these injuries and conditions. This unique resource presents current issues in sports and exercise medicine which outlines new areas of knowledge and provides updates on current knowledge in the broad field of sports and exercise medicine. Written by experts in their own sub-disciplines, *Current Issues in Sports and Exercise Medicine* discusses the physiology behind sports injuries and presents new and exciting approaches to manage such injuries. In addition, the book explores the relationship between exercise, health and performance by providing new information in areas such as exercise and immunity, the use of iron supplementation for performance, how exercise affects reactive oxygen species, and the proposed benefits of real and simulated altitude training. This book is well referenced and illustrated and will be a valuable resource for sports medicine specialists,

physiologists, coaches, physical conditioners, physiotherapists and graduate and medical school students. In this new volume, Dr. Gregory Fanelli, of the Geisinger Medical Center and a renowned expert on knee injuries, provides orthopaedic surgeons with an unprecedented review of the most recent and advanced knowledge needed to successfully diagnosis and treat PCL injuries. This comprehensive and practical volume covers everything from biomechanics and anatomy, evaluation and non-operative treatment to the latest surgical treatments of PCL injuries using arthroscopy, grafts and synthetic ligament substitutes. In addition, contributions from such well-known specialists as Drs. M. Malek, Roger Larson and Fred Flandery make this an essential text for every orthopaedic surgeon. This volume presents detailed information on surgically relevant anatomy and histology of the anterior cruciate ligament (ACL), biomechanics, diagnostics, and ACL reconstruction. In light of the growing body of evidence demonstrating the advantages of anatomic ACL reconstruction over traditional methods, there are also discussions of single anteromedial bundle reconstruction and anatomic ACL reconstruction with abundant descriptions of experimental and clinical studies. In addition, particular attention is given not only to techniques such as ACL augmentation, bone-patella tendon-bone reconstruction and computer-assisted navigation, but it also presents expert analysis of revision of ACL reconstruction, complications, and the future perspectives of ACL reconstruction. Edited by authoritative orthopedic surgeon from the Japanese Orthopaedic Society of Knee, Arthroscopy and Sports Medicine (JOSKAS), this book provides up-to-date information for orthopedic surgeons and physical therapists specializing in the ACL. The research evidence will broaden readers' understanding and enable them to optimize outcomes for patients. As ACL rupture is a common injury especially for high-level athletes, it will also attract sports trainers and team physicians who are interested in a recent update on this field. Tendon ailments are a significant cause of morbidity among athletes of all levels and are increasing in prevalence. Their management is often empirical, and para-scientific, only looking at the biological aspects of tendon ailments. This book conveys a comprehensive and concise body of knowledge on the management of tendon problems in sportspeople with practical details of clinical protocols. Tendon Injuries: Basic Science and Clinical Medicine is specifically dedicated to the clinical aspects of tendinopathy and provides the required knowledge and scientific basis for the sports medicine practitioner, orthopedic specialist and student facing upper and lower limb tendon ailments in athletes. A comprehensive review of tendon disorders is given and modern criteria of management outlined to form the basis of effective clinical management of this group of patients. Created in collaboration with the Medical Commission of the International Olympic Committee this exciting new book is a must-have tool for all those involved in assessing and treating the active individual with injuries sustained in sports and physical activity: from primary care and ER physicians to general physical therapists, athletic trainers, nurse practitioners and physician's assistants. Written and edited by an international cast of world-leading experts, the book embraces a problem-oriented approach to guide the reader through the assessment and management of injuries in physical activity. Covering the various body regions and distinguishing between common and rarer injuries, the book follows a trajectory from history taking and physical examination to diagnosis and treatment, providing clear and actionable guidance on management of the most common injuries and disorders. Over 500 beautiful full-color illustrations augment the text, showing readers detailed views of the techniques, procedures and other clinically-relevant information being described. Over the course of the last decade there have been significant developments in our understanding of sports injuries - what they are, how they should be assessed, and how they should be treated. The IOC Manual of Sports Injuries distills these advances into straightforward, practical guidance that clinicians can count on to optimize their care of the physically-active patient. The ACL or anterior cruciate ligament is the most important ligament in the knee. When it is completely torn, it can lead to instability or buckling of the knee. There are several options to choose from when selecting a graft for ACL reconstruction such as using autografts including patellar tendon, hamstring tendon, and quadriceps tendon, and allografts (also known as donor tissue or cadaver tissue). Artificial ligaments are also discussed since they are still used in Europe and Asia. This book summarizes the pros and cons of each graft option in detail. Pushed by the progress of biology, technology and biomechanics, knee surgery has dramatically evolved in the last decades. This book is a "state of the art" concerning all aspects of knee surgery from ligament reconstruction to Total Knee

Arthroplasty. An international panel of renowned authors have worked on this didactic fully illustrated book. It will help young surgeons to understand basic sciences and modern surgical techniques. The experienced surgeon will find help to deal with difficult cases and clarifications in recent technologic advances such as cartilage surgery, navigation and mini invasive surgery. This unique book fills the void in the existing literature related to the diagnosis and evaluation of pediatric ACL injuries and presents both current and emerging surgical techniques for pediatric ACL reconstruction. Once considered rare, these injuries are on the rise as children are increasingly active and engaged in high-impact sports. Historically, these injuries have been treated with benign neglect, but there is increasing evidence that non-operative treatment approaches can lead to recurrent instability, further injury to the meniscus or cartilage, and eventually joint degeneration. Opening with discussion of epidemiology, developmental anatomy, and assessment and radiography, this one-stop resource then presents conservative and surgical management strategies and algorithms, including ACL reconstruction without bone tunnels, use of epiphyseal tunnels, trans-physeal tunnels, or hybrid techniques. Special attention is given to the young female athlete, complications, prevention strategies, rehabilitation and return to play considerations. Bringing together the latest clinical evidence with the preferred techniques of experts in the field, *The Pediatric Anterior Cruciate Ligament* is a comprehensive and detailed analysis of the inherent problems in treating ACL injuries in the pediatric patient, useful for pediatric orthopedic surgeons, orthopedic sports medicine surgeons, primary care sports medicine physicians and other professionals working with the young athlete. Concise Guide to Tendon & Ligament Injuries in the Horse is part of a series of books that provides in-depth information about a variety of health-related subjects of interest to owners and riders. This book describes the most common tendon and ligament injuries that affect all sport horses. It explains how to recognize an injured tendon or ligament in a horse, and it evaluates a range of possible treatments and their effectiveness and limitations. With this information, owners can better understand what it will take to make their horses sound again. Also in this Series Concise Guide to: Medications and Supplements for the Horse Colic in the Horse Navicular Syndrome in the Horse The Howell Equestrian Library In 25 years of practicing structural/osteopathic manual therapy the author has done considerable work with seriously damaged tendons and ligaments, and has achieved results that conventional medicine would rate as improbable. Over time, he has developed a therapeutic model for treating these injuries so that individuals with chronic conditions -- who have exhausted the standard physiotherapy options and are facing surgery -- can have a viable option for recovery. His techniques, based on basic principles of structural healthcare, emphasize the importance of precise anatomical focus and the capacity to work with subtle changes of structure. Of essential importance is combining detailed specific treatment of the small fibers and tissues of the local injury area with an overall approach to improving larger body patterns and tensions. Logically, the responsiveness and self-corrective capacity of body tissues when given proper conditions is also an important factor. The primary techniques used are the osteopathic methods of strain-counterstrain, cranial and visceral osteopathy, and fascial release, as well as body-mind centering, zero balancing, and acupuncture. His clinical model, which represents a new approach to serious, chronic tendon and ligament injuries, is based on these techniques, their combinations and specific usage, and the skills and aptitudes necessary for applying these techniques, including certain perceptual skills and a thorough knowledge of anatomy and kinesiology. Weintraub's descriptions are vital, interesting, alive, absorbing, even dramatic. He discusses at great length the nature of the tendons and ligaments, describes his manual therapy model -- comparing it with conventional medical procedures -- and covers processes and tissue changes in tendon/ligament healing as related to manual therapy. Case studies, self-help strategies, and thoughtful words on clinical efficacy and future directions in the field make for a thorough and well-rounded presentation. (Product Description). The Multiple Ligament Injured Knee includes the most developed knowledge needed to successfully diagnose and treat knee ligament injuries. This new edition expands upon the first to present anterior, posterior cruciate and collateral ligament anatomy, and biomechanics. This book presents the incidence of sports-related injuries, the types of injuries specific to particular sports, and the importance of factors such as age and gender. Possible injury mechanisms and risk factors are presented based on an analysis involving recent scientific findings. A variety of sports are included to allow the reader to better generalize the results as well as to

apply appropriate procedures to specific sports. The authors have emphasized basic scientific findings to help the reader gain a broad knowledge of sports injuries. The potential audience includes medical doctors, physical therapists, athletic trainers, coaches and interested parents. This book is expected to play a prominent role in the construction of training programs for both healthy and injured players. The focus on junior athletes will aid in their education, injury prevention and increased performance. It will also benefit instructors at the junior and senior high school levels. The book is composed of seven parts. In the beginning part, current situations and the general characteristics of sports-related injuries are outlined on the basis of an investigation utilizing statistical data involving a large number of populations. In the following parts, detailed information on the injuries in terms of the types of sports activities, body sites, symptoms and the relationships among these factors are discussed. Part 2, for example, deals with topics on concussion and severe head-neck injuries which occur frequently in rugby and judo. In Parts 3 and 4, as one of the major sports-related injuries, anterior cruciate ligament (ACL) injuries are discussed. Beginning with the underlying mechanisms as assessed by using the latest measuring techniques, characteristic features of their occurrence are described. Further, Part 4 deals with topics on post-operative (ACL reconstruction) aspects of ACL injuries, especially those related to muscle functions and tendon regeneration in the hamstring muscles. Part 5 deals with muscle strain and focuses particularly on those occurring in the hamstring muscles, as this muscle group is known, as one of the most frequent sites of muscle strain. In Part 6, disorders related to the ankle and foot are introduced. Finally, Part 7 provides information on lower back disorders. Included are detailed mechanisms of their incidence, epidemiology and implications for their prevention. In this new volume, Dr. Gregory Fanelli, of the Geisinger Medical Center and a renowned expert on knee injuries, provides orthopaedic surgeons with an unprecedented review of the most recent and advanced knowledge needed to successfully diagnosis and treat PCL injuries. This comprehensive and practical volume covers everything from biomechanics and anatomy, evaluation and non-operative treatment to the latest surgical treatments of PCL injuries using arthroscopy, grafts and synthetic ligament substitutes. In addition, contributions from such well-known specialists as Drs. M. Malek, Roger Larson and Fred Flandery make this an essential text for every orthopaedic surgeon. Evidence-Based Orthopedics is an up-to-date review of the best evidence for the diagnosis, management, and treatment of orthopedic conditions. Covering orthopedic surgery as well as pre- and post-operative complications, this comprehensive guide provides recommendations for implementing evidence-based practice in the clinical setting. Chapters written by leading clinicians and researchers in the field are supported by tables of evidence that summarize systematic reviews and randomized controlled trials. In areas where evidence is insufficient to recommend a practice, summaries of the available research are provided to assist in decision-making. This fully revised new edition reflects the most recent evidence using the approved evidence-based medicine (EBM) guidelines and methodology. The text now places greater emphasis on GRADE—a transparent framework for developing and presenting summaries of evidence—to allow readers to easily evaluate the quality of evidence and the strength of recommendations. The second edition offers a streamlined presentation and an improved standardized format emphasizing how evidence in each chapter directly affects clinical decisions. Incorporating a vast amount of new evidence, Evidence-Based Orthopedics: Features thoroughly revised and updated content, including a new chapter on pediatric orthopedics and new X-ray images Provides the evidence base for orthopedic surgery as well as pediatric orthopedics and orthopedic conditions requiring medical treatment Covers the different methods for most orthopedic surgical procedures, such as hip replacements, arthroscopy, and knee replacements Helps surgeons and orthopedic specialists achieve a uniform optimum standard through a condition-based approach Aligns with internationally accepted guidelines and best health economic principles Evidence-Based Orthopedics is an invaluable resource for orthopedic specialists, surgeons, trauma surgeons, trainees, and medical students. This successful book, now in a revised and updated second edition, reviews all aspects of anterior cruciate ligament (ACL) injuries in female athletes, with the focus on complete, noncontact ACL injuries. The opening section discusses anatomy and biomechanics and explains the short- and long-term impacts of complete ACL ruptures, including long-term muscle dysfunction and joint arthritis. Risk factors and possible causes of the higher noncontact ACL injury rates in female athletes compared with

male athletes are then discussed in depth. Detailed attention is devoted to neuromuscular training programs and their effectiveness in reducing noncontact ACL injury rates in female athletes, as well as to sports-specific ACL injury prevention and conditioning programs of proven value. Rehabilitation programs after ACL injury and reconstruction that reduce the risk of a future injury are explored, and the concluding section looks at worldwide implementation of neuromuscular ACL injury prevention training and future research directions. The book will be of value to orthopedic surgeons, physical therapists, athletic trainers, sports medicine primary care physicians, and strength and conditioning specialists. Nearly a million anterior cruciate ligament (ACL) injuries occur each year worldwide, causing long-term problems in the knee joint. This textbook examines the short- and long-term impacts of ACL injuries on the basis of hundreds of published studies. Risk factors for such injuries are explored using data from hypothesis-driven investigations, and possible causes of the higher risk of noncontact ACL injuries in female athletes are analyzed. Neuromuscular training programs shown to reduce the rate of these injuries in female athletes are described in step-by-step detail with the aid of numerous color photographs and video demonstrations. In addition, detailed descriptions are provided for rehabilitation programs to be used after ACL reconstruction in order to reduce the risk of a future injury. The book will be of value to orthopedic surgeons, physical therapists, athletic trainers, sports medicine primary care physicians, and strength and conditioning specialists. Now in a fully revised and expanded second edition, this practical text presents the current state of the art and latest advancements in the biomechanics, assessment, diagnosis and management of UCL injury in the elbow. In the years since this book's initial publication, significant developments have occurred on multiple fronts relating to elbow UCL injury, including injury prevention, less invasive repair techniques, more anatomical surgical reconstructions, and improved post-injury rehabilitation protocols. Chapters are once again arranged thematically, beginning with discussion of the relevant anatomy and surgical approaches, throwing biomechanics and overload mechanisms, epidemiology, history and physical exam. After a description of the radiological approaches to assessment, both conservative and surgical strategies are outlined and discussed in detail, from repair both with and without augmentation to reconstruction both arthroscopically and with newer minimally invasive techniques. Considerations for UCL injury in special populations – the young athlete and the female athlete – and sports-specific rehabilitation, return-to-play and prevention via wearable technology round out this thorough presentation. Enhanced with select video clips illustrating surgical techniques, Elbow Ulnar Collateral Ligament Injury, Second Edition remains a go-to resource for orthopedic surgeons, sports medicine specialists, therapists and trainers who work with athletes that suffer from these conditions. This is not just another book on the knee. Dr. Fanelli's book, *The Multiple Ligament Injured Knee: A Practical Guide to Management*, written with a team of experienced contributors, is about a subject that is pertinent, as well as often underestimated and underappreciated. The surgeon's thorough knowledge of this subject is essential for the care of the patient with multiple ligaments injured in the knee. Such knowledge is indispensable if the patient's well-being and future function are to be restored. Time, technique, judgment, and decisiveness are critical. These are the surgeon's responsibilities. We have all come to be arthroscopic knee surgeons. We cannot, however, let this diminish our judgment or skill in open surgery. Often in the multiply compromised knee, open surgery is a requisite. We must return to the principles that Drs. O'Donoghue, Slocum, Hughston, Trillat, Mueller—the fathers of modern knee surgery—taught us. Open exposure may be essential in some cases; we must know when it is necessary. This textbook helps resolve the impasse that often occurs in this arena of evolving art and science. Young surgeons who were not there before the arthroscope might not appreciate the awful injury that frequently is associated with the multiligament knee injury. We all know Dr. O'Donoghue's firm dictum that early diagnosis and anatomic repair is the best and most appropriate method of treatment. Time has not invalidated this advice. For many athletes, tearing the ACL is a devastating knee injury. In *The ACL Solution*, Dr. Robert G. Marx, orthopedic surgeon and world leading authority on ACL injury tells you everything you need to know about how to prevent it or recover if you are already injured. Close to 50 ACL-specific exercises are described by Dr. Myklebust, a physical therapist for the Norwegian national women's handball, soccer and volleyball teams, and a world-renowned expert on the science of ACL injury prevention. You'll learn how to better balance your body and strengthen the muscles around your knee to provide greater stability and endurance.

Whether you're the parent of active children, a promising young athlete, a coach, or a 40-year-old who lives for his or her weekly basketball league, this book is a must read. The Anterior Cruciate Ligament: Reconstruction and Basic Science, 2nd Edition, by Dr. Chadwick Prodromos, provides the expert guidance you need to effectively select the right procedure and equipment, prevent complications, and improve outcomes for every patient. Written and edited by world leaders in hamstring, allograft, and bone-patellar tendon-bone (BTB) ACL reconstruction, this revised reference is a must-have resource for the full range of anterior cruciate ligament reconstruction techniques, plus fixation devices, rehabilitation, revision ACLR surgery, and much more! Covers the latest clinical and technical information on pain control, genetics and biologics, the use of ultrasound, and much more. Features dozens of new chapters that offer up-to-date information on pain control after ACLR, single vs. double bundle repairs, genetics and collagen type, all-inside techniques, biologics, pediatrics, ACL ganglion cysts, prognosis for ACLR success, allografts vs. autografts, and more. Provides the experience and insight of a "dream team" of ACL experts, including James Andrews on sports medicine, Frank Noyes on HTO and ACLR, and Andrew Amis on the benefits of the older femoral tunnel placement technique. This book explores in a comprehensive manner the causes and symptoms of muscle and tendon pathologies, the available diagnostic procedures, and current treatment approaches. Specific aspects of the anatomy, biomechanics, and function of muscles and tendons are analyzed, and detailed guidance is provided on the most innovative methods - both conservative and surgical - for ensuring that the athlete can make a safe and quick return to sporting activity. Optimal care of tendon and muscle injuries in sportspeople requires effective cooperation of sports scientists and medical practitioners to identify the best ways of preserving muscle and tendon structures and to develop new strategies for their rehabilitation and regeneration. Muscle and Tendon Injuries is an excellent multidisciplinary reference written by the leading experts in the field and published in collaboration with ISAKOS. It will appeal to all specialists in sports medicine and sports traumatology who are seeking a state of the art update on the management of muscle and tendon disorders. This book, featuring a practical hands-on format, describes an up-to-date and comprehensive approach to the management of complex knee injuries. The aim is both to equip practitioners with reliable expert guidance and to foster consensus in a field characterized by continuing debate. Initial response and diagnostic evaluation are explained, surgical techniques appropriate for different injuries are fully documented, and advice is provided on the response to injuries in specific scenarios and patient groups. Emphasis is placed on the vital role of precise diagnosis in establishing the optimal treatment approach, and full account is taken of the implications of the most recent anatomical and biomechanical data. Readers will also find recommendations on controversial topics, including the role of early surgical management, the use of autograft or allograft tissue, and the benefits of reconstruction (as opposed to repair alone) of the fibular collateral ligament and posterolateral corner structures. The authors are leading authorities from around the world with extensive clinical and research expertise in the field of knee dislocations. A review of surgical and nonsurgical treatment options of anterior cruciate ligament (ACL) injuries. This text includes a discussion of ACL injuries, procedures and outcome evaluations. The Multiple Ligament Injured Knee: A Practical Guide to Management includes the most developed knowledge needed to successfully diagnose and treat knee ligament injuries. This thorough work presents anterior and posterior cruciate and collateral ligament anatomy and biomechanics along with non-invasive methods for diagnosing the extent of injury, such as radiographic and arthroscopic evaluation. Various injuries are discussed in addition to useful treatment techniques, including arthroscopic reconstruction, posterolateral and posteromedial corner injury and treatment, assessment and treatment of vascular injuries, assessment and treatment of nerve injuries, rehabilitation, and post-operative results. Each of these clearly written chapters is accompanied by a wealth of line drawings and photographs that demonstrate both the surgical and non-surgical approaches to examination and treatment. Now in a revised and expanded second edition including ten new chapters, this classic text on the diagnosis and management of posterior cruciate ligament injuries represents the state of the art. Comprehensive and used-friendly, the book covers PCL anatomy and biomechanics, diagnosis and evaluation, and both surgical and non-surgical treatment strategies. Surgical chapters discuss graft selection and open and arthroscopic techniques, including both primary and revision surgery and combined reconstruction with other knee ligaments. New chapters illustrate

cutting-edge and advanced surgical techniques in reconstruction and primary repair, articular cartilage resurfacing and meniscus transplant in the PCL injured knee, mechanical graft tensioning, the role of osteotomy, treatment of PCL injuries in children, results of treatment and outcomes data in PCL injuries, clinical case studies, and the editor's experience chapter based on 24 years of treating PCL injuries. Complications, bracing and rehabilitation round out the presentation. Written and edited by leaders in the management of injuries to the knee, this will be an invaluable text for orthopedic surgeons and sports medicine practitioners alike. In this issue, guest editors bring their considerable expertise to this important topic. Provides in-depth reviews on the latest updates in the field, providing actionable insights for clinical practice. Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create these timely topic-based reviews. This resource presents the scientific basis for the clinical application of nonoperative and postoperative rehabilitation of knee ligament injuries. It presents comprehensive coverage of the anatomy and biomechanics of the human knee and in-depth discussion of clinical evaluation, operative and nonoperative rehabilitation methods, and recommendations for specific treatment strategies. Features new coverage of Aquatics, Closed Kinetic Chain Exercise and Therapy for Female Athletes Provides more scientific references in each chapter This easy-to-read reference presents a succinct overview of clinically-focused topics covering the prevention, treatment, and rehabilitation of ACL injuries in the female athlete. Written by two professional team physicians, it provides practical, focused information for orthopaedic and sports medicine surgeons and physicians. Covers ACL injury risk factors and prevention, including biomechanics, biology, and anatomy of the female athlete. Discusses graft choices, the biology of healing, rehabilitation and return to play, future options for treatment, and more. Addresses special considerations such as pediatric ACL and revision ACL. Consolidates today's available information and experience in this timely area into one convenient resource. Lower Limb - Knee Cruciate and collateral ligament injuries of the knee are a common occurrence in athletics, and high velocity trauma and treatment can range from non-operative to complex surgical reconstruction. It is imperative that medical professionals who are involved in the treatment of these patients remain up-to-date on the most current concepts in treatment, as management algorithms and surgical techniques have evolved significantly over time as arthroscopic tools, biological treatments, and understanding of these complex injuries have improved. This book serves as a guide to the evaluation and management of knee ligament injuries, ranging from non-operative treatment of isolated MCL injuries to complex multi-ligament reconstruction. Experts in knee surgery cover everything with the latest surgical techniques from patient positioning to postoperative care. In addition to discussing the management of cruciate and collateral ligament injuries, the book explores other emerging complementary topics from authorities with world-renowned expertise. These include the management of pediatric knee injuries, ACL repair, revision ligament surgery, the role osteotomy for chronic ligament deficient knees, the use of orthobiologics in knee ligament reconstruction and rehabilitation following knee ligament injuries and surgery. Ligamentous Injuries of the Knee aims to serve a broad audience, ranging from practicing orthopaedic sports medicine surgeons and allied health professionals to medical/allied health students who wish to gain exposure to the latest treatment algorithms and advanced surgical procedures. A Plain-language Medical Guide for Horse Owners and Trainers Painful and potentially debilitating tendon and ligament injuries are among the most common and serious physiological problems facing performance horses. The severity ranges from minor injuries to those that end careers or even the horse's life. However, with proper treatment, these injuries can be overcome, and permanent damage minimized. Writing in concise, accessible language, equine veterinarian Linda Schultz provides the most up-to-date information on identifying, treating, and managing tendon and ligament injuries. You'll review basic anatomy, understand how and why these injuries occur, and discover the effects of horseshoeing on tendons and ligaments. You'll see exactly what you should (and shouldn't) do during the critical healing process-plus, you'll learn to communicate effectively with your veterinarian to ensure your horse is soon back on his feet and doing his job. * Features the latest treatment options and alternative therapies * Includes a sample controlled exercise schedule and guidelines for recuperation times * Explains treatment of acute injuries and directed therapy, as well as the current surgical techniques * Discusses the

benefits and drawbacks of support wraps, boots, and bandages This superbly illustrated, up-to-date reference textbook covers all aspects of ankle instability and its management. Readers will find extensive information on biomechanics, injury prevention, current strategies for conservative treatment, and established and emerging surgical techniques. The most recent procedures, particularly those which are minimally invasive and arthroscopically assisted, are described and discussed in depth. Detailed attention is also devoted to controversies such as the indications and timing for conservative or surgical treatment, the current and future roles of arthroscopy, the definition of "anatomic" repair, and the upcoming concept of "anatomic reconstruction"

(replication of anatomy by using a graft). The book is published in cooperation with ESSKA, and the chapter authors include clinicians and scientists working in the field of foot and ankle orthopaedics and sports medicine from across the world. All who are involved in the care of patients suffering from ankle instability, including amateur and high-level athletes, will find Lateral Ankle Instability to be an excellent source of knowledge and a valuable aid to clinical practice. Offers insight into the normal anatomy, pathological changes and proper treatment of the knee joint. The book features artwork that takes the reader through each process of dealing with knee injuries and repair.

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