Book Reviews

Practical Orthopaedic Sports Medicine and Arthroscopy

This comprehensive textbook covers many of the current topics in contemporary sports medicine. The easily readable chapters each begin with a list of key points that highlight the particular topic covered by the chapter. The multiple authors who collaborated and contributed to this book have brought a wealth of experience and an international perspective to their assigned topics. The book provides excellent descriptions of the most common techniques for physical examination and provides outstanding illustrations of important anatomy pertinent to the various disorders that are discussed. A thorough overview of very useful rehabilitation exercises is provided, including exercises for low back pain or disorders of the shoulder. In addition, there are several check sheets for physicians to utilize in evaluating patients who have common sports conditions, such as concussions.

Many of the newer surgical techniques, such as arthroscopic rotator cuff repair, opening-wedge proximal tibial osteotomy, and double-bundle anterior cruciate ligament reconstruction, are covered in exquisite detail. In particular, the quality of these chapters furthers the appeal of this book. In addition, many other procedures were described with step-by-step descriptions that will be very useful for medical students, residents, and fellows in their preparation for surgical cases.

While this is quite a comprehensive textbook, it could not be expected to cover all subjects in detail. Some areas that were not covered in detail or highly illustrated include athletic pubalgia and sports hernias, meniscal repairs, posterolateral corner injuries of the knee, and medial collateral ligament repair. Residents and fellows will still need to refer to other publications to obtain a full understanding of these procedures and to prepare for treatment of these disorders. This textbook is excellent, however, and would be useful for residents, fellows, and practicing physicians and on the shelves of medical libraries. Congratulations to the editors of this thorough sports-medicine textbook for a job well done.

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Books of Interest


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