

### *Key Features:*

- **Comprehensive, evidence-based coverage provides an overview of the orthopedic patient's entire course of treatment from pre- to post-surgery, including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs.**
  - **Case study vignettes with critical thinking questions help you develop critical reasoning skills.**
  - **Indications and considerations for surgery describe the mechanics of the injury and the repair process so you can plan an effective rehabilitation program.**
  - **Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase.**
  - **Evidence-based coverage includes the latest clinical research to support treatment decisions.**
  - **Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines.**
  - **A *Troubleshooting* section in each chapter details potential pitfalls in the recovery from each procedure.**
  - **Over 300 photos and line drawings depict concepts, procedures and rehabilitation.**
  - **Detailed tables break down therapy guidelines and treatment options for quick reference.**
  - **Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself and physical or occupational therapists discussing therapy guidelines.**
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### *New to this edition:*

- **New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement, cartilage replacement, hallux valgus and transitioning the running athlete.**
  - **New full-color design and illustrations visually reinforce the content.**
  - **Updated *Suggested Home Maintenance* boxes in every chapter provide guidance for patients returning home.**
  - **References linked to MEDLINE abstracts make it easy to access evidence-based information for better clinical decision-making.**
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### *Περιεχόμενα:*

#### **Part One: Introduction**

- **1. Pathogenesis of Soft Tissue and Bone Repair**

- **2. Soft Tissue Healing Considerations After Surgery**

## **Part Two: Upper Extremity**

- **3. Acromioplasty**
- **4. Anterior Capsular Reconstruction**
- **5. Rotator Cuff Repair**
- **6. Superior Labral Anterior Posterior Repair**
- **7. Total Shoulder Arthroplasty**
- **8. Tennis Elbow: Extensor Brevis Release and Lateral Epicondylectomy**
- **9. Reconstruction of the Ulnar Collateral Ligament with Ulnar Nerve Transposition**
- **10. Platelet Rich Plasma Injection (PRP) for the Ulnar Collateral Ligament**
- **11. Surgery and Rehabilitation for Primary Flexor Tendon Repair in the Digit**
- **12. Carpal Tunnel Syndrome**
- **13. Transitioning the Throwing Athlete Back to the Field**

## **Part Three: Spine**

- **14. Anterior Cervical Discectomy and Fusion**
- **15. Posterior Lumbar Arthroscopic Discectomy**
- **16. Lumbar Spine Fusion**
- **17. Lumbar Spine Disc Replacement [NEW!](#)**

## **Part Four: Lower Extremity**

- **18. Total Hip Arthroplasty**
- **19. Total Hip Mini Invasive**
- **20. Hip Arthroscopy**
- **21. Open Reduction and Internal Fixation of the Hip**
- **22. Anterior Cruciate Ligament Reconstruction**
- **23. Arthroscopic Lateral Retinaculum Release**
- **24. Meniscectomy and Meniscal Repair**
- **25. Autologous Chondrocyte Implantation**
- **26. Patella Open Reduction and Internal Fixation**
- **27. Total Knee Arthroplasty**
- **28. Lateral Ligament Repair of the Ankle**
- **29. Open Reduction and Internal Fixation of the Ankle**
- **30. Ankle Arthroscopy**
- **31. Achilles Tendon Repair**
- **32. Surgical Correction for Hallux Valgus Deformity [NEW!](#)**
- **33. Transitioning the Jumping Athlete**
- **34. Transitioning the Running Athlete [NEW!](#)**