**Orthopaedic Knowledge Update: Sports Medicine 5**

**Table of Contents**

Mark D. Miller, MD, Book Editor

**Section 1: Upper Extremity**
*Stephen F. Brockmeier, MD, Section Editor*

**Chapter 1. Shoulder Instability**
*Jeanne C. Patzkowski, MD*
*Brett D. Owens, MD*

**Chapter 2. Disorders of the AC Joint, SC Joint, and Clavicle**
*Brian Wolf, MD*

**Chapter 3. Rotator Cuff Disease**
*Stephen F. Brockmeier, MD*
*Evan J. Conte, MD*

**Chapter 4. Superior Labrum and Biceps Pathology**
*Bryan G. Vopat, MD*
*Jeffrey E. Wong, MD*
*Petar Golijanin, BS*
*Matthew T. Provencher, MD*

**Chapter 5. Adhesive Capsulitis, Cartilage Lesions, Nerve Compression Disorders, and Snapping Scapula**
*Maximilian Petri, MD*
*Joshua A. Greenspoon, BSc*
*Peter J. Millett, MD, MSc*

**Chapter 6. Elbow Arthroscopy and the Thrower's Elbow**
*David W. Altchek, MD*
*Ekaterina Y. Urch, MD*
*Lucas S. McDonald, MD*
*Joshua S. Dines, MD*

**Chapter 7. Acute / Traumatic Elbow Injuries**
*George Athwal, MD*
*John P. Haverstock, MD*

**Chapter 8. Chronic/Overuse Elbow Disorders**
*Champ L. Baker III, MD*
*Champ L. Baker, Jr, MD*
Chapter 9. Wrist and Hand  
A. Bobby Chhabra, MD  
J. Taylor Jobe, MD

Section 2: Hip and Pelvis  
F. Winston Gwathmey, MD, Section Editor

Chapter 10. Athletic hip injuries  
R. Chad Mather III, MD  
Michael Ferrell, MD

Chapter 11. Femoroacetabular impingement  
Shane J. Nho, MD  
Lily Bogunovic, MD

Chapter 12. Extraarticular hip disorders  
J. W. Thomas Byrd, MD  
Guillaume Dumont, MD

Chapter 13. Muscle Injuries of the Proximal Thigh  
James T. Beckmann, MD, MS  
Marc R. Safran, MD

Chapter 14. Athletic Pubalgia and Groin Pathology  
Christopher M. Larson, MD  
David M. Rowley, MD

Section 3: Knee and Leg  
David McAllister, MD, Section Editor

Chapter 15. Cruciate Ligament Injuries  
Lucas S. McDonald, MD, MPH & TM  
Nathan Coleman, MD  
Andrew D. Pearle, MD

Chapter 16. Collateral Ligament Injuries  
Eduard Alentorn-Geli, MD, MSc, PhD, FEBOT  
Joseph J. Stuart, MD  
J.H. James Choi, MD  
Claude T. Moorman III, MD

Chapter 17. Patellofemoral Joint Disorders  
Miho J. Tanaka, MD  
John J. Elias, PhD  
Andrew J. Cosgarea, MD

Chapter 18. Articular Cartilage  
Andreas H. Gomoll, MD
Chapter 19. Knee Arthritis
Charles A. Bush-Joseph, MD
Ljiljana Bogunovic, MD

Chapter 20. Meniscal Injuries
Scott Rodeo, MD
Stephanie W. Mayer, MD
Johnathan A. Bernard, MD

Chapter 21. Leg Pain
Thomas M. DeBerardino, MD

Chapter 22. Foot and Ankle Injuries
Thomas O. Clanton, MD
Norman E. Waldrop, III, MD
Nicholas S. Johnson, MD
Scott Whitlow, MD

Section 4: Rehabilitation
James J. Irrgang, PhD and Kevin Wilk DPT, PT, Section Editors

Chapter 23. Shoulder
Todd Ellenbecker, DPT, MS
George J. Davies, DPT, MEd

Chapter 24. Elbow
Leonard Macrina, MSPT
Kevin Wilk, DPT, PT

Chapter 25. Hip Rehabilitation
Keelan Enseki, MS, PT, OCS, SCS, ATC, CSCS
Dave Kohlrieser, DPT, PT, OCS, SCS, CSCS
Ashley Young, PT, DPT, CSCS

Chapter 26. Knee Ligament
Penny L. Goldberg, PT, DPT, ATC
Giorgio Zeppieri, Jr., PT, SCS, CSCS
Debi Jones, PT, DPT, SCS, OCS, CSCS
Terese L. Chmielewski, PT, PhD, SCS

Chapter 27. Patellofemoral Pain
Mark Paterno, PT, PhD
Jeffery Taylor-Haas, PT, DPT, OCS, CSCS

Chapter 28. Foot and Ankle
Chapter 29. Core Stabilization
Rafael Escamilla, PhD

Section 5: Head and Spine
Francis H. Shen, MD, Section Editor

Chapter 30. Concussions
Siobhan M. Statuta, MD
John M. MacKnight, MD
Jeremy B. Kent, MD
Jeremy L. Riehm, DO

Chapter 31. Traumatic spine injuries in the athlete
Hamid Hassanzadeh, MD
Sophia A. Strike, MD

Chapter 32. Cervical spine
William Miele, MD
Brian J. Neuman, MD
A. Jay Khanna, MD

Chapter 33. Thoracolumbar spine
Anuj Singla, MD
Christopher A. Burks, MD

Section 6: Miscellaneous Topics
Stephen R. Thompson, MD, Section Editor

Chapter 34. Being a Team Physician and Ethics in Sports Medicine
Warren Dunn, MD
Andrew M. Watson, MD

Chapter 35. Research and Registries in Sports Medicine
Robert H. Brophy, MD
Matthew V. Smith, MD

Chapter 36. Current Concepts in Tendinopathy
Trevor W. Wilkes, MD
W. Benjamin Kibler, MD

Chapter 37. Current Applications of Orthobiologics
Ryan M. Degen, MD
Scott Rodeo, MD
Chapter 38. The biology and biomechanics of grafts and implants in sports medicine
F. Alan Barber, MD

Section 7: Medical Issues
Sourav Poddar, MD, Section Editor

Chapter 39. Nutrition
Jacqueline R. Berning, PhD, RD
Kelly Neville, BS

Chapter 40. Sport Psychology
Christopher M. Bader, PhD, LP, CC-AASP

Chapter 41. Cardiac Issues in Athletes
Kimberly G. Harmon, MD
Jonathan A. Drezner, MD

Chapter 42. Female Athlete
Marissa Smith, MD
Marci Goolsby, MD

Chapter 43. Infectious Disease
Matthew S. Leiszler, MD
Kari Sears, MD
David Smith, DO

Chapter 44. Facial Injuries
Jeffrey Housner, MD
Laurie Donaldson, MD

Chapter 45. Abdominal Injuries
Stephen R. Paul, MD
Sagir Girish Bera, DO, MPH, MS
Brenden J. Balcik, MD

Chapter 46. Heat and Hydration Considerations in the Athlete
Alexander Ebinger, MD

Section 8: The Young Athlete
Matthew Milewski, MD, Section Editor

Chapter 47: Osteochondritis Dessicans
Kevin Shea, MD
Ted Ganley, MD

Chapter 48. ACL in Skeletally Immature Athletes
Chapter 49. Patellofemoral instability and other common knee issues in the skeletally immature athlete (Other Knee Pathology)
Aristides I. Cruz, Jr, MD
Matthew Milewski, MD

Chapter 50. Special Consideration in Head Injuries in Adolescents
Regina Kostyun, ATC
Imran Hafeez, MD
Carl W. Nissen, MD

Chapter 51. Shoulder and Elbow injuries in the skeletally immature athlete
Eric Edmonds, MD

Chapter 52. Strength and Conditioning
Tracy Zaslow, MD

Section 9: Imaging
Cree Gaskin, MD, Section Editor

Chapter 53: Shoulder
J. Derek Stensby, MD

Chapter 54: Magnetic Resonance Imaging of the Elbow
Nicholas C. Nacey, MD

Chapter 55: Hip
Jenni Pierce, MD

Chapter 56: Knee
Meredith Northam, MD

Chapter 57: Diagnostic Ultrasound and Ultrasound-Guided Procedures
Jennifer L. Pierce, MD
Nicholas C. Nacey, MD