
Essentials of Orthopedic Surgery

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Editors

Essentials of Orthopedic Surgery

Fifth Edition

 Springer

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ISBN 978-3-031-66214-0 ISBN 978-3-031-66215-7 (eBook)
<https://doi.org/10.1007/978-3-031-66215-7>

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I would like to dedicate this book to all my teachers and mentors along the way, including my two co-editors. I especially want to dedicate it to my father, Dr. Jan Postma Jr., who instilled in me the work ethic and determination necessary in this profession. He has been an excellent clinician, surgeon, and role model throughout this journey.

—William F. Postma, MD

Preface

The impetus for the 5th edition of this text came from medical students, who requested an update to the 4th edition. They appreciated our approach with *Essentials*, finding it particularly helpful for their education.

The goal of the 5th edition of *Essentials of Orthopaedic Surgery* continues to focus on an up-to-date overview of orthopaedics written expressly for medical students and others who are interested in beginning their study of the musculoskeletal system (including residents in orthopaedic surgery, physiatry, rheumatology, family medicine, and emergency medicine). We have added two new chapters to this book: One in biomechanics and the other in imaging. The remaining chapters have been carefully revised to maintain a standardized format as much as possible.

Every chapter has been authored by a subspecialist in the relevant topic. In updating each section, the authors have tried to eliminate outdated content and focus on providing practical information that is relevant to medical students. Each topic is covered in sufficient depth that when confronted with a specific clinical problem, the student should be able to formulate an initial diagnostic and treatment plan.

We would like to acknowledge several individuals who contributed to this textbook. First, we would like to thank Dr. Bill Oppenheim for supporting the use of figures and illustrations through his generous commitment to the Bill and Patricia Oppenheim Lectureship in Pediatric Surgery at Georgetown. Anna Beaufort produced a number of beautiful original illustrations. We would also like to thank Kristopher Spring from Springer for the guidance in bringing this text to publication. Finally, it has been a truly exciting and stimulating experience to once again work with all the members of the Orthopaedic Department at MedStar Georgetown University Medical Center. Everyone has been enthusiastic, and their contributions were excellent. The editors are deeply appreciative and are very proud of the final text.

Washington, DC, USA
Washington, DC, USA
Washington, DC, USA
January 5th, 2025

William F. Postma
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