

# Preface

Standard textbooks of anatomy, physiology, pathology, orthopedic surgery, and sports medicine provide little information on tendons. Tendon ailments are increasingly prevalent in orthopedic surgery and sports medicine, and in occupational and family medicine as well.

This book provides a comprehensive presentation on human tendons for a wide range of readers, from students and teachers of physical education, biomechanics, medicine, and physical therapy to specialists such as orthopaedic surgeons, pathologists, and physicians specializing in sports medicine. We describe the current principles of diagnosis, treatment, and rehabilitation of tendon injuries and disorders. Although we acknowledge that these principles are constantly changing, this book gives readers the tools presently available to the scientific and biomedical community to tackle tendon problems. This book has been conceived to be used as a comprehensive source for physicians, surgeons, physical therapists, chiropractors, sports coaches, athletes, fitness enthusiasts, and students in a variety of disciplines.

The book is definitely a medical book, but with appeal to professionals outside the medical field.

The editors have collectively more than 70 years of experience in orthopaedic sports medicine, and have dedicated much of their research efforts to studying the pathophysiology of tendon problems. We believe that, as a team, our knowledge and experience will give help and guidance in the management of tendon problems.

In recent years—at least in the West—the demand for heavy physical work has markedly decreased. Conversely, leisure-time sports activities have become more popular, frequent, and intense. Repetitive work, excessive weight, poor fitness, and the lack of regular exercise and of variation in physical loading have all contributed to the increased incidence of degenerative changes in the musculoskeletal system. Tendon problems are seen frequently in nonathletes. Modern athletes also suffer from tendon ailments. The biological limits that musculoskeletal tissues can withstand are exceeded, with overuse and acute injuries, especially in tendons.

This book provides principles of diagnosis, treatment, and rehabilitation for various tendon problems. We envisage the book to be heavily used by physicians, surgeons, physical therapists, athletic trainers, and other professionals treating patients with tendon problems.

We would not have been able to write this book without the help of our coauthors from all over the world. To them, our thanks and appreciation.

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