

Preface

As a student and teacher of medicine, I have always appreciated books that slice through the extraneous material and get to the heart of the matter. In musculoskeletal medicine, there are few books that accomplish this task. As I sat down to write *Pocket Guide to Musculoskeletal Diagnosis*, I began to appreciate the reason for this paucity. Invariably, when you filter information, material will be left out that someone thinks is important. In consideration of that fact, we often permit ourselves, and even unwittingly may encourage ourselves, to become sidetracked into the minutiae. Of course, minutia has its place and is critical to appreciate. But it doesn't have a place in a high-yield book. In *Pocket Guide to Musculoskeletal Diagnosis*, I have tried to distill the information into a concise, easily digestible book intended for comprehensive, but also rapid, study.

After reading this book, I hope you will feel comfortable performing a history and physical examination for musculoskeletal problems. In addition, it is my hope that you will appreciate the basic pathophysiology of the most common musculoskeletal disorders, and gain some additional insight into the common misconceptions surrounding these disorders. For instance, the diagnoses of radiculopathy, radicular pain, referred pain, and nociceptive pain are often confused, misunderstood, and inappropriately managed. *Pocket Guide to Musculoskeletal Diagnosis* addresses these issues and their implications in what I hope you will find is a clear, pragmatic style.

I encourage you to think of *Pocket Guide to Musculoskeletal Diagnosis* as “easy-reading” and to use it to guide your approach to the musculoskeletal complaint. For more in-depth study, it would be appropriate to reference a more detailed text, of which there are many good ones. I hope you enjoy reading this book as much as I enjoyed writing it.

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