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Gian Luigi Canata • Pieter d'Hooghe  
Kenneth J. Hunt  
Editors

# Muscle and Tendon Injuries

Evaluation and Management

 Springer



*Editors*

Gian Luigi Canata  
Koelliker Hospital  
Centre of Sports Traumatology  
Torino  
Italy

Pieter d'Hooghe  
Department of Orthopaedic Surgery  
Aspetar Hospital Aspire Zone  
Doha  
Qatar

Kenneth J. Hunt  
Department of Orthopedics  
University of Colorado Hospital  
Aurora, Colorado  
USA

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## Foreword

Dear ISAKOS member,

The Leg Ankle and Foot (LAF) has been recently created. Under the impulsion of the chairs Pieter D’Hooghe, Gian Luigi Canata, and Kenneth Hunt, recognized authors all around the world have worked together in order to provide the best current knowledge about muscle and tendon.

Several chapters are dedicated to basic science. These chapters are crucial to understand the management of lesions. They also allow to define future directions. In this booklet about muscles and tendons, surgical management is challenged by conservative management. Several studies with a high level of evidence had been published comparing these two approaches; it may help the sport medical doctor and surgeon and also the physiotherapist in their research and their clinical practice.

The collection of the ISAKOS booklets is chaired and coordinated by Joao Espregueira Mendes for a few years. These booklets are becoming one of the flags of the education program of ISAKOS.

Thanks to the authors who spent their time to summarize the state of the art in muscle and tendon anatomy, biology, biomechanics, and pathology, and congratulations to the LAF.

A great booklet useful for our young and experienced ISAKOS members!

ISAKOS President

Philippe Neyret



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## Preface

Muscle and tendon injuries are extremely common in sports activities and in work-induced physical loading: prevention, diagnosis and treatment of these pathologies are demanded to all those involved in sports medicine, orthopaedic surgery and rehabilitation.

This book is an updated presentation of the main aspects of muscle and tendon disorders.

It is practically impossible to write a scientific book without the help of co-workers. ISAKOS has been the nest where ideas can become reality, and the ISAKOS excellencies have done a great job. The LAF Committee has been the starter of this project, and the co-editors Pieter D'Hooghe, LAF Committee Chair, and Ken Hunt, Deputy Chair, must be commended for their extraordinary support and their friendship. The latest available information have been offered by world-renowned experts in the field to all those who wish to better treat patients with muscle and tendon problems. On behalf of all editors, we thank the authors who contributed to the excellence of this book giving their time and exceptional effort with enthusiasm, meeting the demands of deadlines and revisions.

Torino, Italy

Gian Luigi Canata



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Torino, Italy  
Doha, Qatar  
Aurora, CO, USA

Gian Luigi Canata  
Pieter D'Hooghe  
Kenneth Hunt





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