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Fourth Edition

CLINICAL ORTHOPAEDIC REHABILITATION

A Team Approach

CHARLES E. GIANGARRA
ROBERT C. MANSKE
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Fourth Edition

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A Team Approach

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It is indeed an honor and a privilege to be invited to write the forward for the Fourth Edition of *Clinical Orthopaedic Rehabilitation*. For a book to be revised into a fourth edition is a testimonial to the quality and longevity of the contribution to the literature. *Clinical Orthopaedic Rehabilitation* is an excellent addition to the literature that provides current state of the art information for rehabilitation.

I have personally had the opportunity to work with and had the opportunity to learn from both of the editors: Charles "Chuck" Giangarra, MD, and Robert Manske, DPT. I had the privilege to work with Dr. Chuck and publish some other works with him. Dr. Chuck did his fellowship at the Kerlan-Jobe Clinic and had the opportunity to work directly with Dr. Frank Jobe as well as publish some research papers with Dr. Jobe. Dr. Chuck is an experienced surgeon with 30 years of experience and is a tremendous physician. I had the opportunity to work with Dr. Chuck for approximately 5 years before he moved on to become the head team physician at Marshall University. Dr. Chuck always had the patients' interest foremost and understood the importance of the team approach when patients had injuries or surgeries. He was always a strong proponent of the physicians and rehabilitation specialists working closely together to provide the optimum quality care for their patients. Consequently, this book reinforces many examples of the team approach to treating patients and the importance of rehabilitation to return the patients to their optimum level of performance safely.

I had the privilege to meet and work with Rob when he was selected as the second resident at Gundersen Lutheran Sports Medicine (GLSM) (GLSM was the first APTA credential public Sports Physical Therapy Residency program in the USA). Rob was a hard worker and an accomplished clinician and earned his SCS, ATC, and CSCS credentials during that year and the subsequent years. Rob has worked his way through academia from an assistant professor to a full professor and chair at Wichita State University. Since his residency program, Rob and I have collaborated on many articles, research projects, and presentations at numerous meetings during the last 20 years. Rob has excelled

as a clinician, teacher, professional, and administrator and has edited or written seven textbooks that have made significant contributions to the literature. *Clinical Orthopaedic Rehabilitation* is another example of Rob's continued pursuit of excellence in contributing to the literature and educating clinicians as to the optimum evidence-based rehabilitation for orthopedic conditions.

The quality of any book is predicated on the quality and conscientiousness of its editors. So, by combining the multiple talents of these editors, the Fourth Edition of the book has maintained its past format and updated approximately eight to ten new chapters to reflect the most current evidence and research. The focus of the book is on examination, surgeries, and rehabilitation of numerous orthopedic conditions to provide state of the art treatment protocols. This new edition also includes links to videos to reinforce the content within the book. This fourth edition is an outstanding contribution to the literature and is a must read for those who are interested in utilizing the best current evidence in rehabilitation for their patients.

This book is highly recommended for physical therapists, physical therapy assistants, athletic trainers, and physicians involved in treatment of orthopedic conditions where rehabilitation is a critical component of getting the patient safely and effectively for performance enhancement back to activity.

Respectfully,

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FOREWORD BY EDWARD G. MCFARLAND

It is an honor to be asked to write a foreword to this incredible book put together by two of the stars of the orthopedic community—Dr. Manske, a physical therapist, and Dr. Giangarra, an orthopedic surgeon. I have to admit that I was unfamiliar with this text until this invitation, and it was my loss. This is an incredible book that has several attributes that make it a valuable addition to the practice of physical therapists, hand therapists, and orthopedic practitioners of any level: student, resident, or surgeon in practice. One important quality of this book is that for each area of the body it has a concise and informative summary of the most common conditions and injuries that affect that area. This assures that everyone in the team treating the patient has as much knowledge as possible about the injury and the rationale for the treatment and rehabilitation. I am unaware of any other text that makes the important link between the condition and the subsequent rehabilitation. Each chapter provides rehabilitation protocols for the injuries discussed in the chapter so that the rationale of the protocol is provided and readily available. These rehabilitation protocols are excellent and I wish I'd had access to them many years ago. Another strength of this book is the ability to access videos of the rehabilitation techniques. It is one thing to read

about rehabilitation techniques and another to have videos that help a practitioner to get it right. Lastly, one of the best features for me as a practitioner is that I can use their rehabilitation protocols in my orthopedic practice; they are a quick reference to how the experts approach the rehabilitation of these important orthopedic conditions. I plan to use these protocols in my practice.

Drs. Manske and Giangarra not only bring their vast experience to this book, they also have recruited some of the leaders in each orthopedic topic discussed. This book has been written by the best and most visible leaders in the fields of orthopedic surgery and rehabilitation. The information has been updated and provides the latest and most up-to-date approach to clinical orthopedic rehabilitation. I would recommend this textbook to all orthopedic practitioners.

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Our goal in preparing the 4th edition of *Clinical Orthopaedic Rehabilitation: A Team Approach* was to continue to widen the breadth of the content and orthopedic and sports information to mimic that of the everyday practicing surgeon, physician, physical therapist, and athletic trainer who work in orthopedics. In increasing the breadth of content we have made this text more useful to clinicians and student clinicians. Several areas of content that are rarely seen in orthopedics except very rare special cases have been removed and other more pertinent pathologies have been included. For example, several chapters have been included in the expanded shoulder, elbow, knee, and hip sections. Dr. Charles Giangarra, a well-published author, already has brought a wealth of knowledge to many sections of the 4th edition. We have done our best to use a team approach so often seen and needed between physicians and rehabilitation specialists. The chapter authors are an exceptional group of clinicians who have presented the best available evidence regarding contemporary rehabilitation of orthopedic conditions. This dedicated multidisciplinary team of authors has added an incredible value to the foundation of this already strong book.

In the third edition Dr. Brotzman and I took tremendous steps forward to improve the overall quality and content of the

information provided within the pages of this comprehensive text. Dr. Giangarra and I have continued this forward momentum with the 4th edition. Updated and new evidence-based literature covering sound examination techniques, classification systems, differential diagnosis, treatment options, and updated criteria-based rehabilitation protocols have been included. Videos of some of the most commonly used exercises are included within the text. New all-color images have been included to update the over 800 images to help the visual learner better see and appreciate injuries and exercises used to treat those injuries.

The treatment of orthopedic conditions is not static. The process of treating conditions of the muscles, bones, and nerves is and has always been dynamic. Textbooks about examination, evaluation, prognosis, and treatment of these conditions must be just as dynamic and ever changing. We hope that the readers of this text continue to feel that *Clinical Orthopaedic Rehabilitation* is the definitive reference for achieving success with the management of orthopedic conditions.

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To my fabulous wife, Jean, and my three wonderful children, Nick, Jenna, and Cristen, who I am so very proud of and who put up with me and made the best of my multiple moves across the country until I found the right opportunity. I could not have made it this far without their love and support and for that I am eternally grateful.

To my mentor, chairman, and friend, Dr. Oliashirazi, who believed in me and has encouraged me to excel more times than I can count.

To the orthopedic residents of Marshall University who have revitalized not only my career but my enthusiasm for learning.

I would also like to thank Ashley Belmaggio MA, Meagan Bevins ATC, Tom Garton MPT, and Michael Bonar PTA for their help with this project especially in preparing many of the new photographs for publication. I could not have done it without them.

Charles E. Giangarra, MD

To Dr. Brent Brotzman and Dr. Charles E. Giangarra.

Dr. Brotzman, I want to personally thank you for taking the chance by allowing me to work with you on COR3. It was an incredible experience and I am forever indebted to you for your partnership. It is such a great resource for all health care professionals in rehabilitation and will go down as one of the best orthopedic textbooks of the last several decades.

Dr. Chuck, I appreciate your willingness to jump on this fast-moving train we call COR4 and take over for Dr. Brotzman. Your insight, mentorship, guidance, and willingness to always lend a hand have been an invaluable gift to me throughout the last 20 years. I would have never thought that when we first met back in LaCrosse in 1998 that either of us would end up with such a great project that will impact so many great rehabilitation professionals in a positive way.

Lastly a special thanks to B.J. Lehecka for reviewing and editing the spinal chapter section of this text. His insight was extremely valuable in this addition.

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