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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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Wayne B. Leadbetter, MD
Preface ................................................................. v
List of Principal Contributors ..................................... xi

Part I  Basic Sciences, Etiology, Pathomechanics, and Imaging

1 Anatomy of Tendons ............................................. 3
   Moira O’Brien

2 Mechanical Properties of Tendons ............................ 14
   Constantinos N. Maganaris and Marco V. Nārīći

3 Growth and Development of Tendons .......................... 22
   Laurence E. Dahners

4 Aging and Degeneration of Tendons ............................ 25
   Pekka Kannus, Mika Paavola, and Lászlo Józsa

5 Epidemiology of Tendon Problems in Sport ................... 32
   Mika Paavola, Pekka Kannus, and Markku Järvinen

6 Neurogenic, Mast Cell, and Gender Variables in Tendon Biology:
   Potential Role in Chronic Tendinopathy ....................... 40
   David A. Hart, Cyril B. Frank, Alison Kydd, Tyler Ivie, Paul Sciore, and
   Carol Reno

7 Imaging of Tendon Ailments ..................................... 49
   Tudor H. Hughes

Part II  Anatomical Sites and Presentation

8 Injury of the Musculotendinous Junction ........................ 63
   Jude C. Sullivan and Thomas M. Best

9 Insertional Tendinopathy in Sports ............................. 70
   Per Renström and Thomas Hach

10 Tendon Avulsions in Children and Adolescents ................. 86
   Sakari Orava and Urho Kujala
11 Tendinopathy in the Workplace ......................... 90
   Leo M. Rozmaryn

12 Rotator Cuff Tendinopathy ............................. 101
   Andrew Carr and Paul Harvie

13 Rotator Cuff Disorders .................................. 119
   Theodore A. Blaine and Louis U. Bigliani

14 Tendinopathies Around the Elbow ...................... 128
   Alan J. Johnstone and Nicola Maffulli

15 Hand and Wrist Tendinopathies ......................... 137
   Graham Elder and Edward J. Harvey

16 Groin Tendon Injuries .................................. 150
   Per Renström

17 Knee and Thigh Overuse Tendinopathy ................. 158
   Barry P. Boden

18 Patellar Tendinopathy and Patellar Tendon Rupture ... 166
   Karim M. Khan, Jill L. Cook, and Nicola Maffulli

19 Hindfoot Tendinopathies in Athletes .................. 178
   Francesco Benazzo, Mario Mosconi, and Nicola Maffulli

20 Achilles Tendon Rupture ................................ 187
   Deiary Kader, Mario Mosconi, Francesco Benazzo, and Nicola Maffulli

21 Achilles Tendinopathy .................................. 201
   Deiary Kader, Nicola Maffulli, Wayne B. Leadbetter, and Per Renström

Part III Management of Tendon Injuries

22 Anti-Inflammatory Therapy in Tendinopathy: The Role of
   Nonsteroidal Drugs and Corticosteroid Injections .......... 211
   Wayne B. Leadbetter

23 The Effect of Therapeutic Modalities on Tendinopathy .... 233
   Jason D. Leadbetter

24 Rehabilitation After Tendon Injuries .................... 242
   Sandra L. Curwin

25 Surgery for Chronic Overuse Tendon Problems in Athletes .... 267
   Nicola Maffulli, Per Renström, and Wayne B. Leadbetter

Part IV New Developments

26 Research Methodology and Animal Modeling in Tendinopathy .... 279
   Joanne M. Archambault and Albert J. Banes

27 Tendon Innervation and Neuronal Response After Injury .......... 287
   Paul W. Ackermann, Daniel K-I. Bring, and Per Renström
<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
<th>Authors</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>The Use of Growth Factors in the Management of Tendinopathies</td>
<td>Louis C. Almekinders and Albert J. Banes</td>
<td>298</td>
</tr>
<tr>
<td>29</td>
<td>Optimization of Tendon Healing</td>
<td>Nicola Maffulli and Hans D. Moller</td>
<td>304</td>
</tr>
<tr>
<td>30</td>
<td>Gene Therapy in Tendon Ailments</td>
<td>Vladimir Martinek, Johnny Huard, and Freddie H. Fu</td>
<td>307</td>
</tr>
<tr>
<td>31</td>
<td>Tendon Regeneration Using Mesenchymal Stem Cells</td>
<td>Stephen Gordon, Mark Pittenger, Kevin McIntosh, Susan Peter, Michael Archambault, and Randell Young</td>
<td>313</td>
</tr>
</tbody>
</table>

Index ................................................................................................................. 321
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