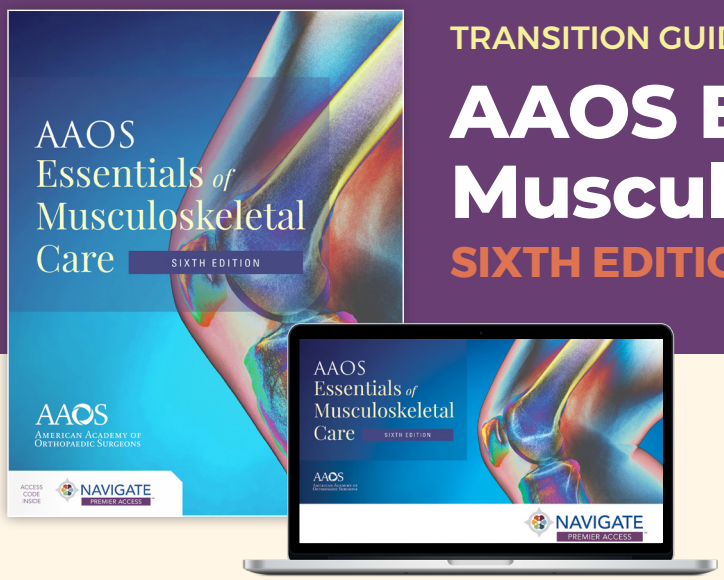


TRANSITION GUIDE TO

AAOS Essentials of Musculoskeletal Care

SIXTH EDITION

American Academy of Orthopaedic Surgeons

Paperback with Navigate Premier Access
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Every new print copy of ***Essentials of Musculoskeletal Care, Sixth Edition*** includes Navigate Premier Access which unlocks a complete, interactive eBook with 250 embedded procedure videos, new Skills Checklists to accompany videos in PDF format, and Home Exercise step-by-step instructions in PDF format.

Essentials of Musculoskeletal Care, Sixth Edition is a robust educational resource focused on how to evaluate and manage common musculoskeletal conditions. This text is used for immediate, point-of-care guidance in decision making and intervention and is a powerful educational product for many health professions dealing with the care of the musculoskeletal system. The easy-to-understand content and crisp presentation appeal to health care professionals and students. It is also a powerful tool to help educate patients regarding conditions and treatment.

NEW AND KEY FEATURES TO THE SIXTH EDITION

Added ***Learning Outcomes*** and ***Key Terms*** to the chapter opener for each section.

Added ***Clinical Case Studies*** to the end of each section.

Added ***Bibliography*** organized by section to the back matter.

SECTION UPDATES

SECTION 1 General Orthopaedics

- Reorganized content into subcategories to make it easier to find relevant content.
- Added a new subcategory on regenerative medicine with subsections on orthopaedic biologics and cartilage.
- Revised previous overuse syndromes subsection into two new subsections on soft-tissue injuries and stress fractures.
- Moved all body part-specific home exercise programs into a new section on musculoskeletal conditioning.
- Removed section on diffuse idiopathic skeletal hyperostosis.

SECTION 2 Shoulder

- Added information on inferior glenohumeral dislocation and glenohumeral internal rotation deficit to Physical examination of the Shoulder.
- Updated information on clavicle fractures and the treatment of scapula fractures.

SECTION 3 Elbow and Forearm

- Added the hook test to the physical examination of the biceps brachii.
- Updated lateral radiograph of an elbow demonstrating an olecranon fracture.
- Updated information on lateral and medial epicondylitis; the procedure for performing a tennis elbow infection; olecranon bursitis, including the procedure for an olecranon bursa aspiration; nerve compression syndromes; rupture of the distal biceps tendon; and ulnar collateral ligament tears.

SECTION 4 Hand and Wrist

- Updated general overview of the hand and wrist, including evaluation of pain location, causes of stiffness, and diagnostic modalities used in evaluation.
- Updated information on animal bite injuries; arthritis of the hand, thumb carpometacarpal joint, and wrist; de Quervain tenosynovitis; Dupuytren contracture; fingertip injuries/amputations; flexor tendon injuries; hook of hamate nonunion; diagnostic tests for scaphoid fracture; treatment of Kienbock disease; and nail bed injuries.
- Updated information on performing a physical examination of the hand and wrist, a thumb carpometacarpal joint injection, and digital anesthetic block on the hand.

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SECTION 5 Hip and Thigh

- Moved Osteonecrosis of the Hip to appear after Dislocation of the Hip (Acute, Traumatic).
- Created a new subsection on muscle contusion.
- Updated information on trochanteric bursitis/greater trochanteric pain syndrome.

SECTION 6 Knee and Lower Leg

- Updated overview of the knee and lower leg and information on performing a physical examination.
- Updated information on anterior cruciate ligament tear, knee joint aspiration, arthritis of the knee, bursitis of the knee, claudication, collateral ligament tear, fractures, gastrocnemius tear, meniscal tear, osteonecrosis of the femoral condyle, patellar/quadriceps tendinopathy, patellofemoral maltracking, posterior cruciate ligament tear, and stress fracture.
- Added a new subsection on meniscus root avulsion.

SECTION 7 Foot and Ankle

- Moved location of Shoe Wear to follow Physical Examination of the Foot and Ankle.
- Updated information on overview of foot and ankle; Achilles tendon tear; arthritis; corns and calluses; care of diabetic foot; fractures of the midfoot, ankle, metatarsals, and sesamoid; hallux rigidus; nail fungus infection; and plantar fasciitis.

SECTION 8 Spine

- Updated information on overview of the spine, physical examination of the spine, cauda equina syndrome, cervical spondylosis, acute low back pain, lumbar spinal stenosis, and spinal orthoses.

SECTION 9 Foot and Ankle

- Updated information on overview of pediatric orthopaedics and pediatric physical examination; pain in the anterior knee, elbow, foot, and ankle; calcaneal apophysitis; cavus foot deformity; concussion; developmental dysplasia of the hip; fractures; genu valgum; intoeing/outtoeing; Legg-Calve-Perthes disease, little leaguer's elbow; osteochondritis dissecans; pediatric sports participation and preparticipation physical evaluation; scoliosis; and slipped capital femoral epiphysis.
- Moved locations of section on pes planus and talipes equinovarus.
- Removed Procedure on Hip Aspiration.

KEY PEDAGOGICAL FEATURES

Besides including the most current information in the field, each chapter includes updated and helpful learning aids for readers.

Learning Outcomes and **Key Terms** open each section and help the reader focus on important takeaways and information.

Table of Contents lists conditions in alphabetical order as well as Procedures and Home Exercise Programs.

Pain Diagram is found at the beginning of each section and shows areas of pain and identifies conditions typically associated with each pain location.

Anatomic art can be found at the beginning of each section for handy reference.

Physical Examination shows photographs and step-by-step descriptions of physical examination maneuvers; inspection and palpation, range of motion, muscle testing, and special tests. Icon indicates that an accompanying video is available within Navigate Premier.

Home Exercise Program includes a symbol indicating the availability of a customizable, printable PDF of the exercise program, a concise table of exercises, and step-by-step instructions and illustrations.

Procedures include a symbol indicating a video is available within Navigate Premier, a list of materials, and step-by-step instructions.

Clinical Case Studies are found at the end of each section and allow readers to apply the knowledge they have learned to a realistic case scenario.

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