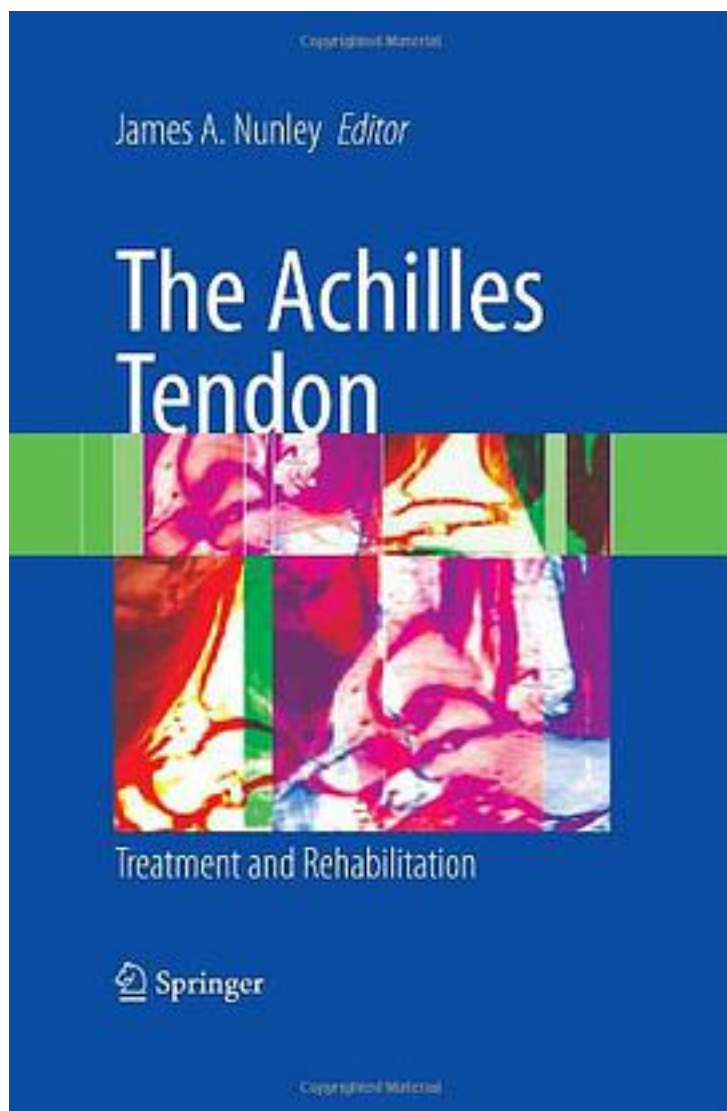


The Achilles Tendon



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This techniques-oriented text is a comprehensive guide to managing Achilles tendon problems. Readers learn the latest less invasive and nonoperative treatment approaches, in addition to traditional treatments, from internationally renowned contributors. Introductory chapters provide essential background on basic anatomy, physiology, and pathomechanics. Subsequent sections cover the spectrum of Achilles tendon injuries. Acute and chronic conditions are addressed, as well as problems specific to both adolescents and adults. The book also takes a practical approach to sports training in relation to the role of the Achilles. Rehabilitation is highlighted with an emphasis on quicker return to play. Case studies tie the book together and aid with the ready application of concepts to daily practice.

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