



Beat Hintermann, Roxa Ruiz

Foot and Ankle Instability

A Clinical Guide to Diagnosis and Surgical Management

- Offers a comprehensive and in-depth overview of the unstable foot and ankle, including the deltoid-spring, syndesmotic, chopart and peritalar ligaments
- Provides step-by-step surgical guidance supported by more than 500 high-quality, intraoperative pictures
- Presents foot and ankle anatomy and biomechanics as the basis for understanding the pathology and treatment concepts
- Describes a problem-oriented approach based the extensive experience of pioneers in the treatment of the unstable foot and ankle

This book comprehensively discusses the basic and practical aspects of foot and ankle surgery applied to all pathologies resulting from instabilities of these joints, a condition that remains underestimated. Uniquely, it not only addresses injuries to the lateral ankle ligaments, but also examines injuries to the deltoid-spring ligament complex, the syndesmotic and chopart joint ligaments, as well as peritalar instability – all pathologies that have often been neglected in the past. For each type of instability, it describes the anatomical basics and the biomechanical features, allowing readers to understand the injury pattern, the subsequent symptoms and clinical findings. Further, it offers guidance on selecting the most appropriate imaging tool for diagnosis and planning surgical reconstruction. Written by world-renowned pioneers in the field, and featuring a wealth of high-quality, intraoperative pictures, the book guides readers step-by-step through the latest, innovative technical surgical solutions for each condition. With its consistent structure, from the basics to the solution, its problem-oriented approach as well as its meticulously selected iconography, this book is a must-read for all orthopedic surgeons with an interest in foot and ankle surgery wishing to explore this promising field. Further, it is a valuable resource for residents, researchers and physiotherapists wishing to gain insights into foot and ankle instability and reconstructive surgery.

1st ed. 2021, XVIII, 277 p. 424 illus., 346 illus. in color.

Gedrucktes Buch

Hardcover

159,99 € | £139.99 | \$199.99

^[1]171,19 € (D) | 175,99 € (A) | CHF 189,00

eBook

128,39 € | £111.50 | \$149.00

^[2]128,39 € (D) | 128,39 € (A) | CHF 151,00

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