

RECENT PUBLICATIONS

Book reviews

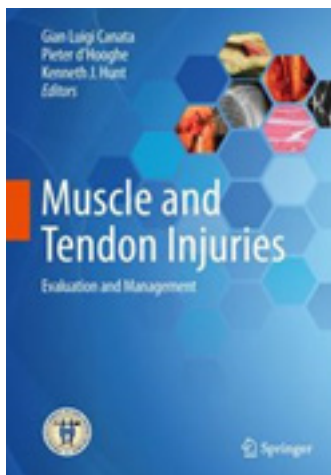
Muscle and tendon injuries. Evaluation and management

(Leziunile mușchilor și tendoanelor. Evaluare și management)

Editors: Gian Luigi Canata, Pieter d’Hhooghe, Kenneth J. Hunt

Publishing House: Springer, May 2017

450 pages; price: 142.79 €



When looking at the latest publications related to muscle injuries in sport, two titles launched by Springer in 2017 have drawn our attention: “*Muscle Injuries in Sport Athletes. Clinical Essentials and Imaging Findings*” and “*Muscle and Tendon Injuries. Evaluation and Management*”. Knowing that muscle and tendon injuries are extremely common in sports, it is evident that both books are worthy of interest, but taking into consideration that it also addresses tendon pathology, we have decided to present here the second one. It is a book published under the auspices of ISAKOS (International Society of Arthroscopy, Knee Surgery, and Orthopedic Sports Medicine), whose president - Philippe Neyret - considers it “one of the flags of the education program” of their society.

Three editors and an unusually great number of 135 collaborators - all of them world-renowned experts in their fields - put together their expertise and experience, which was finally worth it because their efforts resulted in an invaluable book from the perspective of very many professionals (if we consider that aside from the sporting activity, work-induced physical loading is involved in numerous other human activities). At the same time, this impressive book, with no less than 450 pages, summarizes the state of the art in muscle and tendon anatomy, biology, biomechanics and pathology, as well as in the diagnosis and treatment of the respective tissue disorders.

The book starts with the chapters dedicated to basic science on muscles and tendons, which are crucial not only for understanding the pathophysiology and management of lesions, but also for identifying the aspects that need special attention from researchers in the future. Then, within the next chapters, the entire range of topics related to muscle and tendon injuries are extensively approached. An important strength of the book is that even if all three editors are surgeons, it offers the readers detailed information on conservative management, which is of great interest and help to practitioners in sport medicine, traumatology and physiotherapy.

Although rather voluminous, the book looks like a well organized structure, whose elements form an integrated whole out of which no part is superfluous; this means that its entire content deserves our serious attention. However, some of the 40 chapters are essential, as they contain all that is relevant for acquiring the most modern perspective on muscle and tendon pathology. From this point of view, key sequences seem to be chapters 9 (*Classification of Muscle Lesions*), 10 (*Prevention of Musculotendinous Pathologies*), 11 (*Why the Tendon Tears and Doesn't Like to Heal*), 14 (*New Strategies for Muscular Repair and Regeneration*) and 15 (*Conservative Treatments for Tendinopathy*).

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