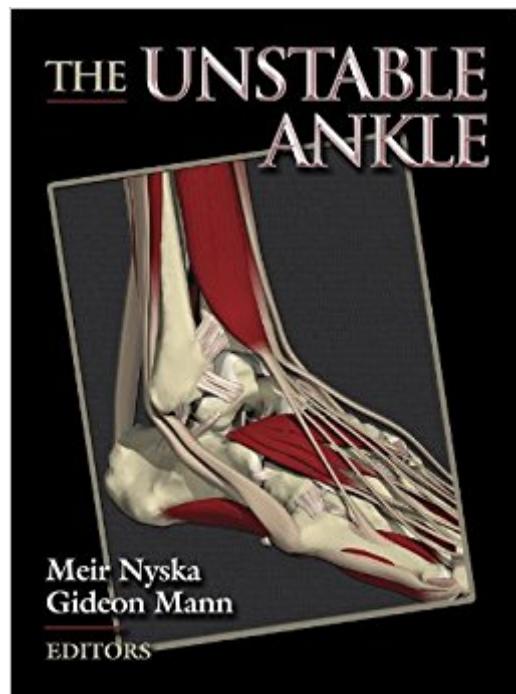


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# The Unstable Ankle



## Synopsis

This definitive text pulls together up-to-date research on medical issues related to the unstable ankle and features contributions from an array of leading physicians and rehabilitation professionals. Edited by two orthopedic surgeons who are internationally respected specialists on sport-related and ankle injuries, *The Unstable Ankle* may be the most comprehensive book available on the subject. Editors Nyska and Mann present the latest knowledge on ankle instability with emphasis on conservative treatment and preventive measures. The book's 35 chapters provide valuable information on the causes of ankle instability, evaluation and diagnostic procedures, surgical interventions, rehabilitation, and prevention. Complete and practical, *The Unstable Ankle* addresses ankle instability problems in a variety of patient populations, including children and adolescents. Special consideration is given to at-risk individuals in selected sports and occupations. Physicians and other medical team members who work with ankle problems will gain a better understanding of when conservative treatment is appropriate—which is most of the time—and how to rehabilitate at the lowest possible physical, emotional, and financial cost to patients. When surgical intervention is required, this text will guide professionals on the appropriate application of techniques. The book thoroughly discusses the role of physical therapists and other allied health professionals in treatment of ankle instability. Appropriate exercises for different degrees of instability with different etiologies are described in detail. This important text includes the following features:

- Three sections dealing with the structure and function of the ankle, prevention of injury, acute ankle sprains, chronic ankle instability, staging, treatment, and evaluation
- Liberal illustrations—236 in total—that eliminate ambiguity and add to the clarity of the information presented
- Step-by-step procedural descriptions of four operations and extensive discussion of arthroscopic reconstruction

This authoritative text will build the confidence of the entire medical team and help members work together to diagnose, treat, and prevent ankle instability with the patient's best interests in mind.

## Book Information

Hardcover: 336 pages

Publisher: Human Kinetics; 1 edition (April 1, 2002)

Language: English

ISBN-10: 0880118024

ISBN-13: 978-0880118026

Product Dimensions: 11.2 x 8.5 x 1 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 2.3 out of 5 stars 2 customer reviews

Best Sellers Rank: #649,806 in Books (See Top 100 in Books) #212 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Orthopedics #273 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physical Medicine & Rehabilitation #274 in Books > Medical Books > Medicine > Surgery > Orthopedics

## Customer Reviews

Meir Nyska, MD, has been a senior member in the department of orthopedic surgery at Hadassah University Medical Center in Jerusalem since 1992. He has lectured in medical schools since 1983. He earned his medical degree from the Hebrew University Hadassah Medical School. Dr. Nyska is a member of the Israeli Association of Orthopedic Surgery. He is a well-respected authority in the field and has been widely published. He was a founder and former president of the Israel Foot and Ankle Society, and he currently chairs the department of orthopedic surgery at a major public hospital Gideon Mann, MD, is the director of the Sports Injuries Unit at Meir Hospital, Kfar Saba, Israel. He has been a senior orthopedic surgeon at Wingate Institute and Hadassah University Hospital since 1990. He has lectured on arthroscopy, sport injuries, and related topics. Dr. Mann has published articles in international journals for more than 25 years. He earned his medical degree from Hebrew University Hadassah Medical School in Jerusalem in 1974. He is a former chair of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine Committee, a former member of its board of directors, and president of the Israel Society of Sport Medicine from 1989 to 1999.

Not very well written. Feel like if they kept at it with updated editions it could have been good.

Ok. The book was a very useful one for me, but what was more important than the book was the unbelievable quick delivery. I live quite far away, in Istanbul, Turkey and it took just a few days to have it in front of my door. Thanks .

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