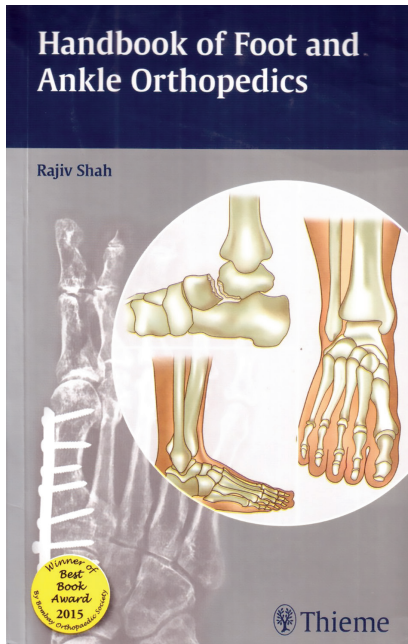


Book Review



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Handbook of Foot and Ankle Orthopedics

The field of foot and ankle orthopedics has remained perhaps somewhat neglected in the past, and has had a paucity of reliable texts for surgeons keen on gaining insights into the underdocumented field, with very little work from Asian authors. On the contrary, the last decade has seen a rapid proliferation of young orthopods who wish to take up the challenge of venturing into the field of foot and ankle orthopedics; their aspirations were limited due to a lack of dependable textbooks focused on the subject and an inadequate compilation of information concentrated in one single digest.

Dr Rajiv Shah is perhaps one of the first few orthopods in India who decided to exclusively practice in the field of foot and ankle orthopedics. His know-how and experience gained during the past decade are clearly personified by this extremely elegant yet lucid text which was first published in 2015 by Thieme Medical and Scientific Publishers.

Some of the key features, which make the book an indispensable manuscript for every orthopod, include its well-organized text and illustrative nature. The book is full of figures, flow charts, algorithms, and clinical pictures, which make understanding text easier and at times eliminates its need altogether. The text is well-organized in point-wise fashion, and wherever relevant has a section of tips and tricks, which brings home the most important points that at times are easy to overlook in a busy practice or even in the operation theater.

The text spanning 288 pages, with over 16 chapters, is systematically organized; starting with the basics of examination of foot and ankle regions, followed by radiology and orthotics, it lays a good foundation as it goes on to explain other things. The book serves best as a text that should help every surgeon to follow procedure and investigate all cases in a methodological manner, which remains the key to understanding the complex problems and biomechanics unique to this region.

The section on trauma management starts with a chapter titled "Ten commandments," which aptly emphasizes the principles, and should help young trainees to focus on these important points while managing complex foot and ankle trauma, as it is easy to lose track while focusing on individual injuries. A chapter follows this where the author provides easy to remember algorithms, along with tips and tricks for treatment of common injuries. The subsequent chapter on malunions is the need of the hour for the Asian surgeon, as this is not an uncommon occurrence in developing countries, due to delayed presentation and inappropriate initial treatment. This chapter

instructs accurately on the management of these challenging cases, where even salvage can be a daunting task at best. Another chapter that catches the eye is on deformity correction; this deals with deformity in each plane separately, and has relevant charts and figures which makes it easy to understand the complex nature of this subject.

The chapter on soft tissue management aptly emphasizes the peculiarity of the region; it is wise on the part of the author to give special consideration to this, as it is often difficult to manage these defects. It further gives a synopsis on management in a concise and organized manner. Subsequent chapters on plantar heel pain, flat foot, diabetic foot, infections, and Tendo-achilles-related problems similarly deal with some of the most common problems faced in outpatient department of any foot and ankle practice. Another chapter worth special mention deals with art of arthrodesis in foot and ankle region that remains perhaps the most common type of operative procedure done in neglected cases, and has a unique bearing in our scenario. The author again presents a well-organized text dealing with individual procedures, while providing relevant tips and tricks that are at times easy to ignore.

To summarize, this book provides a concise yet comprehensive text that covers a wide range of commonly encountered foot and ankle ailments. The illustrative nature of this book shall serve well as a ready and quick reference for foot and ankle surgeons across the spectrum of level of experience, while being an invaluable source of authentic information for undertraining orthopods. This textbook should find a place on the bookshelf of every foot and ankle surgeon.

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