

Management of Chronic Conditions in the Foot and Lower Leg

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Chronic conditions in the foot and lower leg are quite debilitating and difficult to treat because of the complex interaction of various factors responsible for onset and progression of these conditions. The aim of this book is to provide a comprehensive overview of these musculoskeletal conditions. This book has been written from a clinical point of view and provides an insight into the common conditions of the foot and lower leg, such as osteoarthritis of the ankle joint, rheumatic diseases, gout, forefoot entities, rear foot entities, Achilles tendon, stress fracture, and cerebral palsy as separate chapters.

Each chapter introduces the reader to the condition, starting with prevalence, then anatomy, associated impairments and predisposing factors. Quality of life is really important while exploring the influences of a condition on a person's life. Information related to quality of life and health related quality of life has been presented for each condition through the patient-reported outcomes or from the qualitative study results, which adds to the depth to understand the patients' perspectives about their condition. Special tests have been described along with the limitations in the applicability of the tests. The role of investigatory procedures in clinical diagnosis and decision making has been nicely explained, along with the reliability and validity of the procedure. The management of

each condition has been discussed through a multidisciplinary approach. Management strategies include the role played by different approaches; for instance pharmacological, physical, surgical strategies, patient education and manual techniques and lifestyle strategies. These strategies have been explained as different lines of treatment in a stepwise manner. A future directions section is at the end of each chapter and cites the current research in the area; it is therefore very interesting for researchers to highlight the knowledge gaps. Invited commentary from the experts is also included and highlights the contemporary trends being followed in the clinical practice.

All the chapters flow well and provide relevant information to the clinician required for differential diagnosis and finally helping to develop the clinical decision making skills. The most exciting part of this book is reading the recent research in a summarised way along with the conflicting research results. Although biomechanics has been explained in different sections of the book, evidence related to overuse injuries is absent. In particular, the effects of different shoes or barefoot conditions during ambulatory activities on overuse injuries. This is a highly debated topic, but is an important modifiable factor, which can potentially help minimise overuse injuries. Nevertheless, this book is a fantastic resource for clinicians, undergraduate and post-graduate physiotherapists and would be a useful addition in your library.

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