

Contents		
Chapter	Title	Page
1	Pathogenesis of Soft Tissue and Bone Repair	2
2	Soft Tissue Healing Considerations After Surgery	15
3	Acromioplasty	28
4	Anterior Capsular Reconstruction	44
5	Rotator Cuff Repair and Rehabilitation	73
6	Superior Labral Anterior Posterior Repair	99
7	Total Shoulder Arthroplasty	118
8	Extensor Brevis Release and Lateral Epicondylectomy	144
9	Reconstruction of the Ulnar Collateral Ligament with Ulnar Nerve Transposition	155
10	Clinical Applications for Platelet Rich Plasma Therapy	171
11	Surgery and Rehabilitation for Primary Flexor Tendon Repair in the Digit	193
12	Carpal Tunnel Release	216
13	Transitioning the Throwing Athlete Back to the Field	233
14	Anterior Cervical Discectomy and Fusion	256
15	Posterior Lumbar Arthroscopic Discectomy and Rehabilitation	283
16	Lumbar Spine Fusion	313
17	Lumbar Spine Disc Replacement	335
18	Total Hip Arthroplasty	362
19	New Approaches in Total Hip Replacement: The Anterior Approach for Miniinvasive Total Hip Arthroplasty	376
20	Hip Arthroscopy	382
21	Open Reduction and Internal Fixation of the Hip	388
22	Anterior Cruciate Ligament Reconstruction	404
23	Arthroscopic Lateral Retinaculum Release	427
24	Meniscectomy and Meniscal Repair	441
25	Autologous Chondrocyte Implantation	457
26	Patella Open Reduction and Internal Fixation	470
27	Total Knee Arthroplasty	480
28	Lateral Ligament Repair of the Ankle	504
29	Open Reduction and Internal Fixation of the Ankle	520
30	Ankle Arthroscopy	536
31	Achilles Tendon Repair and Rehabilitation	554
32	Bunionectomies	579
33	Transitioning the Jumping Athlete Back to the Court	603
34	Transitioning the Patient Back to Running	616