

Tendon Injuries

Nicola Maffulli, MD, MS, PhD, FRCS(Orth)

Professor and Head, Department of Trauma and Orthopaedic Surgery, Keele University School of Medicine, Stoke-on-Trent, UK

Per Renström, MD, PhD

Professor and Head, Section of Sports Medicine, Department of Surgical Sciences, Karolinska Institute, Stockholm, Sweden

Wayne B. Leadbetter, MD

Adjunct Professor, Uniformed Services University of Health Sciences, F. Edward Hebert School of Medicine, Bethesda, MD, USA

Editors

Tendon Injuries

Basic Science and Clinical Medicine

With 187 Illustrations, 21 in Full Color

Nicola Maffulli, MD, MS, PhD, FRCS(Orth)
Professor and Head
Department of Trauma and Orthopaedic Surgery
Keele University School of Medicine
Stoke-on-Trent, UK

Per Renström, MD, PhD
Professor and Head
Section of Sports Medicine
Department of Surgical Sciences
Karolinska Institute
Stockholm, Sweden

Wayne B. Leadbetter, MD
Adjunct Professor
Uniformed Services University of Health Sciences
F. Edward Herbert School of Medicine
Bethesda, MD, USA

British Library Cataloguing in Publication Data

Tendon injuries : basic science and clinical medicine

1. Tendons—Wounds and injuries

I. Maffulli, Nicola II. Renstrom, Per III. Leadbetter, Wayne B.

617.4'74044

ISBN 1852335033

Library of Congress Cataloging-in-Publication Data

Tendon injuries: basic science and clinical medicine / [edited by] Nicola Maffulli, Per Renström, Wayne B. Leadbetter.

p. ; cm.

Includes bibliographical references and index.

ISBN 1-85233-503-3 (h/c : alk. paper)

1. Tendons—Anatomy. 2. Tendons—Wounds and injuries. 3. Tendons—Wounds and injuries—Treatment. I. Maffulli, Nicola. II. Renström, Per. III. Leadbetter, Wayne B., 1943–

[DNLM: 1. Tendon Injuries—diagnosis. 2. Tendon Injuries—therapy. WE 600 T291 2004] RD688.T46 2004

617.4'74044—dc22

2004051825

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ISBN 1-85233-503-3
Springer Science+Business Media
springeronline.com

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Printed in the United States of America. (BS/MV)

Printed on acid-free paper SPIN 10837108

Preface

Standard textbooks of anatomy, physiology, pathology, orthopedic surgery, and sports medicine provide little information on tendons. Tendon ailments are increasingly prevalent in orthopedic surgery and sports medicine, and in occupational and family medicine as well.

This book provides a comprehensive presentation on human tendons for a wide range of readers, from students and teachers of physical education, biomechanics, medicine, and physical therapy to specialists such as orthopaedic surgeons, pathologists, and physicians specializing in sports medicine. We describe the current principles of diagnosis, treatment, and rehabilitation of tendon injuries and disorders. Although we acknowledge that these principles are constantly changing, this book gives readers the tools presently available to the scientific and biomedical community to tackle tendon problems. This book has been conceived to be used as a comprehensive source for physicians, surgeons, physical therapists, chiropractors, sports coaches, athletes, fitness enthusiasts, and students in a variety of disciplines.

The book is definitely a medical book, but with appeal to professionals outside the medical field.

The editors have collectively more than 70 years of experience in orthopaedic sports medicine, and have dedicated much of their research efforts to studying the pathophysiology of tendon problems. We believe that, as a team, our knowledge and experience will give help and guidance in the management of tendon problems.

In recent years—at least in the West—the demand for heavy physical work has markedly decreased. Conversely, leisure-time sports activities have become more popular, frequent, and intense. Repetitive work, excessive weight, poor fitness, and the lack of regular exercise and of variation in physical loading have all contributed to the increased incidence of degenerative changes in the musculoskeletal system. Tendon problems are seen frequently in nonathletes. Modern athletes also suffer from tendon ailments. The biological limits that musculoskeletal tissues can withstand are exceeded, with overuse and acute injuries, especially in tendons.

This book provides principles of diagnosis, treatment, and rehabilitation for various tendon problems. We envisage the book to be heavily used by physicians, surgeons, physical therapists, athletic trainers, and other professionals treating patients with tendon problems.

We would not have been able to write this book without the help of our coauthors from all over the world. To them, our thanks and appreciation.

Nicola Maffulli, MD, MS, PhD, FRCS(Orth)
Per Renström, MD, PhD
Wayne B. Leadbetter, MD

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List of Principal Contributors

Paul W. Ackermann, MD

Orthopedic Laboratory, Research Center, Karolinska Hospital, S-171 76, Stockholm, Sweden

Louis C. Almekinders, MD

Clinical Professor, North Carolina Orthopaedic Clinic, Duke University Health System, Durham, NC 27704, USA

Albert J. Banes, MD

Director of Research, Department of Orthopaedics, University of North Carolina at Chapel Hill, Chapel Hill, NC 27599-7052, USA

Thomas M. Best, MD

Associate Professor of Orthopedics and Rehabilitation and Family Medicine, University of Washington Medical School, Madison, WI 53711, USA

Theodore A. Blaine, MD

Associate Director, Center for Shoulder, Elbow, and Sports Medicine, Co-Director, Columbia Center for Orthopaedic Research, Columbia University Department of Orthopaedics, New York, NY 10032, USA

Barry P. Boden, MD

Adjunct Assistant Professor of Surgery, The Uniformed Services University of the Health Sciences, The Orthopaedic Center, Rockville, MD 20850, USA

Andrew Carr, MD

Nuffield Department of Orthopaedic Surgery, Nuffield Orthopaedic Centre NHS Trust, Headington, Oxford OX3 7LD, UK

Sandra L. Curwin, MD

Department of Physical Therapy, University of Alberta, Edmonton, AB, Canada T6G 2G4

Laurence E. Dahners, MD

Professor of Orthopaedics, University of North Carolina, Chapel Hill, NC 27599, USA

Stephen Gordon, MD

VP, Strategic Planning, Cognate Therapeutics Inc., Bethesda, MD 20814, USA

David A. Hart, MD

McCaig Centre for Joint Injury and Arthritis Research, Faculty of Medicine,
University of Calgary, Calgary, AB, Canada T2N 4N1

Edward J. Harvey, MD

McGill University Health Centre, Division of Orthopaedic Surgery, Montreal General
Site, Montreal QC, Canada H3G 1A4

Tudor H. Hughes, MD

Associate Professor of Radiology, Department of Radiology, University of California,
San Diego, Medical Center, San Diego, CA 92013-8756, USA

Markku Järvinen, MD

Department of Medicine, Tampere University, FIN-33101 Tampere, Finland

Pekka Kannus, MD

Accident and Trauma Research Center and Tampere Research Center of Sports
Medicine, UKK Institute, FIN-33500 Tampere, Finland

Jason D. Leadbetter, MD

The Orthopaedic Center, P.A., Rockville, MD 20850, USA

Wayne B. Leadbetter, MD

Adjunct Professor, Uniformed Services University of Health Sciences, F. Edward
Herbert School of Medicine, Bethesda, MD, and The Orthopaedic Center, P.A.,
Rockville, MD 20850, USA

Nicola Maffulli, MD, MS, PhD, FRCS(Orth)

Professor and Head, Department of Trauma and Orthopaedic Surgery, Keele Univer-
sity School of Medicine, North Staffordshire Hospital, Thornburrow Drive, Hartshill,
Stoke-on-Trent, Staffordshire, ST4 7QB UK

Constantinos N. Maganaris, MD

Centre for Biophysical and Clinical Research into Human Movement, Manchester
Metropolitan University, UK

Vladimir Martinek, MD

Assistant Professor: Department of Orthopaedic Sports Medicine, Technical Univer-
sity Munich, Munich, Germany

Moirá O'Brien, MD

Professor, Human Performance Laboratory, Department of Anatomy, Trinity College,
Dublin 2, Ireland

Sakari Orava, MD, PhD

Professor, Mehilainen Hospital and Sports Clinic, 20100 Turku, Finland

Per Renström, MD, PhD

Professor and Head, Section of Sports Medicine, Department of Surgical Sciences,
Karolinska Hospital, SE 171 76 Stockholm, Sweden

Leo M. Rozmaryn, MD

The Orthopaedic Center, P.A., Rockville, MD 20850, USA

Part I

Basic Sciences, Etiology, Pathomechanics, and Imaging