

Contents

1	First Metatarsophalangeal Joint Sesamoidopathy	1
	Richard T. Bouché	
2	Turf Toe Injuries	13
	Michael D. VanPelt, Amol Saxena, and Marque A. Allen	
3	Hallux Rigidus: The Valenti Arthroplasty	29
	John F. Grady, Audra M. Smith, Yelena Boumendjel, and Amol Saxena	
4	Hallux Rigidus: Distal First Metatarsal Osteotomy/Hohmann Procedure	41
	Amol Saxena	
5	Lisfranc's and Midfoot Injuries	49
	Amol Saxena	
6	Stress Fractures of the Foot and Ankle in Athletes	59
	Amol Saxena, George Tye Liu, Brian W. Fullem, and Marque A. Allen	
7	Plantar Fasciitis	83
	Brian W. Fullem and Amol Saxena	
8	Osteochondral Lesions of the Talus	95
	Amol Saxena	
9	Os Trigonum Injuries	113
	Amol Saxena	
10	Syndesmosis Injuries	117
	George Tye Liu and Marque A. Allen	
11	Acute Repair of Ruptured Foot and Ankle Tendons in Athletic Patients	131
	Amol Saxena	

12	Chronic Compartment Syndrome of Leg and Foot	141
	Richard T. Bouché	
13	Ankle Instability	151
	Daniel R. Stephenson, Timothy P. Charlton, and David B. Thordarson	
14	Insertional and Midsubstance Achilles Tendinopathy	167
	Amol Saxena, Umile Giuseppe Longo, Vincenzo Denaro, and Nicola Maffulli	
15	Peroneal Tendinopathy	187
	Francesco Oliva, Amol Saxena, Nicholas Antonio Ferran, and Nicola Maffulli	
16	Advances in Anterior Ankle and Subtalar Arthroscopy	213
	John F. Grady, Amol Saxena, Audra M. Smith, and Yelena Boumendjel	
17	Posterior Ankle Arthroscopy and Endoscopy	237
	Peter A.J. de Leeuw, Maayke N.van Sterkenburg, Christiaan J.A. van Bergen, and C. Niek van Dijk	
18	Postoperative Physical Therapy for Foot and Ankle Surgery	255
	Amol Saxena and Allison N. Granot	
	Index	287