

---

## Foreword

When I started my orthopaedic residency, in 1985, there were certainly no quick references or online options for the middle-of-the-night questions for a junior resident on-call. There were some handbooks (pocket sized) that we carried around as interns, which served to keep us out of trouble on our general surgery and internal medicine rotations. For orthopaedics, it was a wasteland. Although the options for basic information have got better when taking general orthopaedic trauma call, references for the common questions and issues faced by the beginning clinician in foot and ankle are still lacking. As someone who has trained junior residents on the foot and ankle service for 30+ years, this has continued to be a problem. We had to provide information off the cuff, which was appropriately nuanced for someone just beginning to understand the clinical intricacies and perils of a foot and ankle surgeon. This hole in offerings for the junior foot and ankle clinician is surprising when the clinical progress in foot and ankle surgery has exploded in the last 20 years. It is in this background that I am excited for this book.

As with any basic textbook, the authors have started with the basics for aspiring ankle and foot surgeons. The basis for our surgical expertise begins with anatomy.

Anatomy then translates to surgical approaches to do the surgeries that we need to perform to help our patients. The challenges of foot and ankle, before worrying about pathology, begin with an understanding of normal biomechanics. The authors then focus on the basics of imaging, history taking, and examination, which will allow the interested reader to begin to understand the complex pathologies that we see in the ankle and foot. As to the pathologies, all of the common and some uncommon conditions are covered in the subsequent chapters.

As my trainees and mentees have heard me say many times over the last decade, as foot and ankle surgeons, we have at our fingertips, the best science, tools, and intellects that we have seen in the history of focused inquiry in the space. Although we are eternally grateful to the educational giants who came before us, the present time is our time. It is educational offerings, like this book, that will allow a speedy introduction for the smart, talented trainees of today into the interesting and fascinating complexities in the treatment of foot and ankle maladies. I see this book as the beginning of a satisfying journey for the reader. There is no doubt that this can be a valuable resource for an outstanding future career.

**W. Hodges Davis, MD**

*Medical Director*

*OrthoCarolina Foot and Ankle Institute*

*Atrium Health*

*Charlotte, North Carolina, USA*