

GOPALAN'S EVIDENCE BASED ORTHOPAEDIC PRINCIPLES

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PREFACE

There are so many books available in the market to learn Orthopaedics and one may wonder where does Evidence Based Orthopaedic Principles stand! There are countless number of articles being published every month across a vast number of orthopaedic journals. But the million dollar question is: “How do you integrate these Principles into Evidence and solve a Clinical Scenario?” That is what we offer in Evidence Based Orthopaedic Principles . With our high profile Editorial Panel, we have tried our best to answer most of the burning questions in Orthopaedics! It must be remembered that Orthopaedic Principles is not a panacea to solve everything. After reading all the Principles and Evidence discussed, the reader has to make his clinical judgement while applying to his patient.

At our website, we continuously strive to make Orthopaedics simpler by frequent updates. On our online discussion forum, we apply these principles to solve real life clinical problems. Every chapter in this book has undergone multiple revisions to provide the best clinical solution. Nevertheless mistakes would have inadvertently crept in. The readers are requested to go into detail and then pose your questions via our website.

At Orthopaedic Principles, we rely on your contributions to make it a valuable resource. Do write to us, with your Questions, suggestions and perhaps we might invite you to join our prestigious Editorial Board!

Hitesh Gopalan U

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FOREWORD & MESSAGE- CHAIRMAN EDUCATION SICOT

22nd November, 2014



It is my good fortune to write this foreword for Dr. Hitesh Gopalan's new edition of Orthopaedic Principles. I wrote the foreword to Orthopaedic Principles A Review 5 years ago.

In the meantime, Hitesh has been working hard to make this book one of the most valuable resource for postgraduates and exam going young surgeons, fellows and practicing surgeons.

The thrust of this edition of Evidence Based Orthopaedic Principles has been 'evidence based orthopaedics' in keeping with the demands of the modern times. The chapters are very well structured to cover anatomy and biomechanics, indications and management principles and details. They talk of pitfalls, complications and special situations, evidence base for management and new research. As such, each chapter provides a comprehensive approach and coverage of the topic which would be very useful to the target audience. Orthopaedics and trauma has been covered very widely and this will be of great use to the young surgeon.

Whilst congratulating Hitesh and his team, I wish to compliment them for this mammoth work. I am sure that Evidence Based Orthopaedic Principles will be a valuable addition to individual and institutional libraries.

A handwritten signature in black ink, appearing to read 'Ashok N. Johari'.

Dr. Ashok N. Johari

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Dedication

“To my teachers, mentors and students who constantly inspire me to write”

H Gopalan