

BOOK REVIEW

Edited by Joseph C. McCarthy, Philip C. Noble and Richard N. Villar, *Hip Joint Restoration*, edition 1. New York, SPRINGER, 2017, 1007 pages, 978-1-4614-0693-8, \$249 Hardcover, \$189 eBook

The orthopaedic literature on hip joint preservation continues to grow at a rapid pace. To address the complexity of remaining updates on its practices, the authors consolidated evidence-based medicine and expert opinion in the textbook *Hip Joint Restoration* (SPRINGER, 2017, \$249 Hardcover, \$189 eBook, 978-1-4614-0694-5). *Hip Joint Restoration* is a comprehensive and multidimensional text that guides the reader on a complete journey of the hip. The text places current clinical and operative practices in context of past orthopaedic explorations and considers thought provoking future directions. The reader finds not only clinical and operative techniques but is also exposed to hip microbiology and discussion of hip preservation from experts spanning across six continents.

The text is thoughtfully arranged, starting with the basics of the hip such as anatomy, history, physical exam and imaging modalities, and then venturing into discussion and treatment of common hip pathologies. Complex and nuanced topics are also addressed, which include ischiofemoral and pectineofoveal impingement diagnoses and treatment options, or capsular laxity of Ehlers Danlos patients and treatment considerations. Accompanying the text is an expansive collection of coloured illustrations, diagrams and clinical photographs to compliment clear, concise and coherent text.

Hip Joint Restoration is a useful resource for all degrees of experience and training in the hip. For the general practitioner, there are tips and tricks for solving seemingly idiopathic hip pain, utilizing vital pieces of information that can be gleaned from the history and specific physical exam findings as detailed in Chapters 12 and 13. For the orthopaedic resident or newly practicing surgeon, there are excellent chapters on the basics of trendy topics such as femoroacetabular impingement (Chapter 15) and groin pain in the athlete (Chapters 29 and 58) as well as guidance on practice management in Part XIV. For the expert, the text discusses the finer details of surgical treatment of the nuanced hip pathologies; examples include the tech-

nical aspects of hip arthroscopy, treatment of ligamentum teres injuries, and mini-incision periacetabular osteotomies among other specialized surgical procedures.

Some unique aspects of hip preservation that should not be lost in the wealth of technical expertise, this text offers are the guidance and advice regarding post-operative care. These principles include rehabilitation and how to best employ/utilize functional outcomes measures. Additionally, an entire section of the book has been dedicated to research on topics ranging from debate regarding the hip capsulotomy and associated fluid mechanics to stem cell therapy.

It should be noted that this text is comprehensive and does include commentary on hip replacement surgery, but as the title would suggest, is focused primarily on preservation of the native hip. The reader who is interested in hip replacement may be better served by a dedicated hip arthroplasty text. Additionally, as is the case with many compilations, there exists some overlap between certain topics such as in the clinical evaluation of the hip.

In conclusion, *Hip Joint Restoration* is a practical, well-rounded text for both experienced and novice practitioners. This book delivers technical advice, clinical guidance and foresight in the future directions of hip preservation. The authors have done a splendid job compiling an entire spectrum of knowledge of the hip and producing an easy to read and easy to use comprehensive textbook.

CONFLICT OF INTEREST STATEMENT

None declared.

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