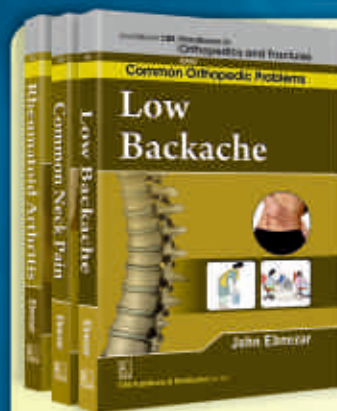


**VIII Common Orthopedic Problems**

- 86 Low Backache
- 87 Osteoarthritis
- 88 Common Neck Pain
- 89 Common Upper Limb Pain
- 90 Osteoporosis
- 91 Foot Pain
- 92 Rheumatoid Arthritis

This subseries, comprising 7 titles, deals with common orthopedic problems of public health importance. These problems affect every person across the globe, irrespective of nationality. They are difficult to treat and the best way to tackle these are to educate the people on prevention. The books in this subseries are expected to inform and educate the general clinicians also.

**The Books in the Series**

The 103 books series covering the orthopedic problems of public health importance aims to inform, enlighten and educate the readers about various aspects of orthopedic problems. Volumes in the series will help them immensely in getting the right knowledge directly from an experienced specialist.

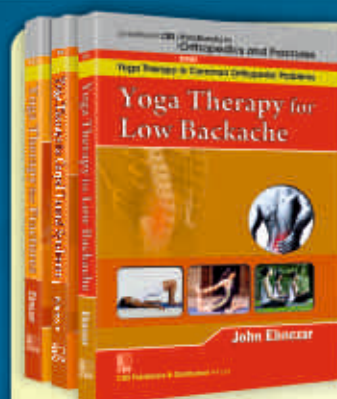
**Highlights of the books**

- Written in simple and lucid language
- Well drawn illustrations and line graphics
- Appropriate clinical photographs given wherever necessary
- Relevant X-rays • Short summaries • Anecdotes

These books have ubiquitous utility and usage and can be useful to the undergraduate medical students, doctors from all disciplines of medicine and surgery, postgraduate students in orthopedics, orthopedic surgeons, physiotherapists, practitioners in alternative systems of medicine, rehabilitation specialists, and most importantly the common/lay persons, catering to a wide spectrum of readers.

A large part of the series will be useful in particular to all those clinicians who work in small towns or remote areas with minimum infrastructure. They can use each book as a ready-reckoner to counsel and manage their patients.

Titles on yoga therapy bridge the gap between the modern and the traditional disciplines of medicine.

**IX Yoga Therapy in Common Orthopedic Problems**

- 93 Yoga Therapy for Low Backache
- 94 Yoga Therapy for Knee Pain
- 95 Yoga Therapy for Neck Pain
- 96 Yoga Therapy for Osteoporosis
- 97 Yoga Therapy for Frozen Shoulder
- 98 Yoga Therapy for Tennis Elbow
- 99 Yoga Therapy for Carpal Tunnel Syndrome
- 100 Yoga Therapy for Heel Pain
- 101 Yoga Therapy for Repetitive Stress Injury
- 102 Yoga Therapy for Rheumatoid Arthritis
- 103 Yoga Therapy for Fractures

Common musculoskeletal orthopedic problems are difficult to treat. Most of them are due to lifestyle problems and modern-day stress. Conventional modern medicine treatment for these problems is not very successful. This is where Yoga seems to play a big role in fulfilling this lacuna. This is the first time an entire series on yoga therapy for common orthopedic problems has been brought out and will certainly help people find a solution to their problems more effectively. This subseries, comprising 11 titles, should be of deep interest to all those practising yogic exercises to deal with common problems like backache, neck, knee and heel pain, tennis elbow, frozen shoulder, etc. In addition, these titles aim to serve as handy desk books for the clinicians who can advise their patients to get maximum benefit from yoga therapy in alleviating their suffering from diseases such as osteoporosis, rheumatoid arthritis or even painful fractures.

**The Author**

**John Ebnezar** MBBS, D'Ortho, DNB (Ortho), MNAMS (Ortho), PhD (Yoga), Sports Medicine (Australia), INOR Fellow (UK), DAC, DMT is currently consulting orthopedic and spine surgeon, holistic orthopedic expert and sports specialist based in Bangalore. He was Senior Specialist, Victoria Hospital, Bangalore Medical College, Bangalore; Assistant Professor in Orthopedics, Devaraj Urs Medical College, Kolar, Karnataka; and postgraduate teacher at Bangalore Baptist Hospital, Airport Road, Bangalore.



He is a world-renowned celebrated author in the field of orthopedics with several bestsellers to his credit. His name is listed in the Guinness Book of World Records and has several awards to his credit. His books are universally liked by all and he has written books for a vast range of readers from medical students, orthopedic postgraduates and surgeons to a common man. This 103 books series is his prized offering to a host of readers ranging from professionals to laymen.

He holds Guinness Book of World Records for the most number of books written by an individual in a single year and is • Former Vice-President, the Indian Orthopaedic Association; • President, Neuro-Spinal Surgeons Association of India (Karnataka); • CEO, Parimala Health Care Services, An ISO 9001:2008 Hospital, Bilekahalli, Bannerghatta Road, Bangalore; • Ebnezar Orthopedic Center, Bilekahalli, Bannerghatta Road, Bangalore; • Dr John's Orthopedic Clinic, near Reliance Mart, Arakere, BG Road, Bangalore; • Chairman, the Physically Handicapped and Paraplegic Charitable Trust of Karnataka® and Karnataka Orthopaedic Academy®; • Founder President, Geriatric Orthopaedic Society, Orthopaedic Authors Association and All India Medical Authors Association; • President, Bangalore Holistic Academy; • President, Vaidya Kala Ranga, Bangalore; and • Secretary, SK Educational Society®.

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*103 Titles in the Series*

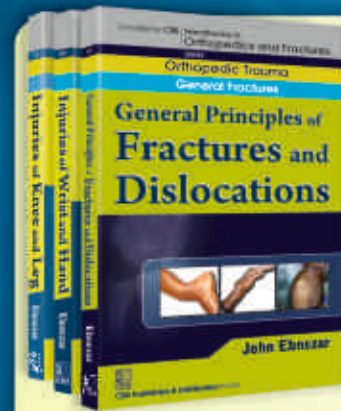
- I Orthopedic Trauma
- II Orthopedic Disease
- III Specific Orthopedic Problems
- IV Regional Orthopedic Problems
- V Orthopedic Injuries and Surgeries
- VI Practical Examination
- VII Orthopedic Problems of Different Ages
- VIII Common Orthopedic Problems
- IX Yoga Therapy in Common Orthopedic Problems

The series for the first time ever presents the entire field of orthopedics in nine subsections. From orthopedic injuries to common orthopedic problems, every topic is made available to a wide range of readers from undergraduate to postgraduate medical students, residents, orthopedic surgeons in practice, clinicians in other medical and surgical specialties, all the paramedical professionals including physiotherapists, as well as the common man interested in gaining knowledge. This is a novel attempt meant to bring orthopedics closer to humanity. The main aim of these books is to educate the class and the mass alike in preventing and understanding the various treatment options in orthopedics better. The yoga therapy subseries commands a special attention from the believers and practitioners of alternative systems of medicine.



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**I Orthopedic Trauma****General Fractures**

- 1 General Principles of Fractures and Dislocations
- 2 Fracture Treatment Methods
- 3 Fractures and their Complications
- 4 Atypical Fractures

**Injuries of Upper Limb**

- 5 Injuries of Shoulder
- 6 Injuries of Arm
- 7 Injuries of Elbow
- 8 Injuries of Forearm
- 9 Injuries of Wrist and Hand
- 10 Injuries of Distal Forearm and Wrist
- 11 Injuries of Hand
- 12 Injuries of Upper Limb

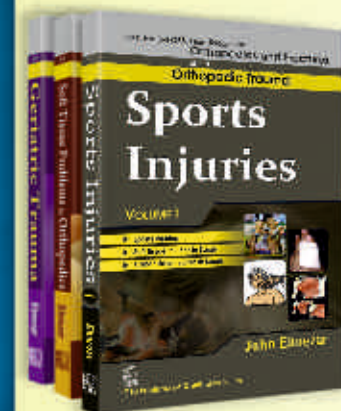
**Injuries of Lower Limb**

- 13 Injuries of Hip
- 14 Injuries of Femur
- 15 Injuries of Knee
- 16 Injuries of Knee and Leg
- 17 Injuries of Ankle and Leg
- 18 Injuries of Foot and Ankle
- 19 Injuries of Lower Limb

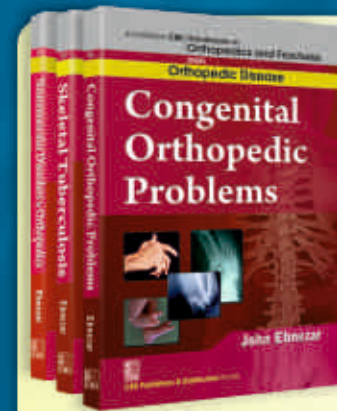
**Injuries of Axial Skeleton**

- 20 Injuries of Pelvis and Hip
- 21 Injuries of Spine
- 22 Injuries of Pelvis and Spine

- 23 Sports Injuries Volume I
- 24 Sports Injuries Volume II
- 25 Soft Tissue Problems in Orthopedics
- 26 Geriatric Trauma
- 27 Pediatric Trauma

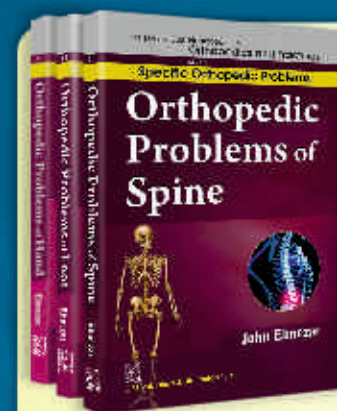


This subseries, comprising 27 titles, on orthopedic trauma deals with basic aspects of fractures and dislocations. A wide variety of topics from general principles of fractures and dislocations to injuries of the upper limb, lower limb, and axial skeleton have been covered with the aim to give a comprehensive knowledge on these injuries to the readers. The main aim of these books is to educate the readers in understanding various aspects of orthopedic injuries.

**II Orthopedic Disease**

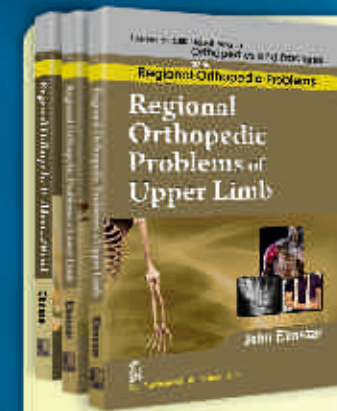
- 28 Congenital Orthopedic Problems
- 29 Developmental Orthopedic Problems
- 30 Metabolic Orthopedic Problems
- 31 Infective Orthopedic Problems
- 32 Disorders of Joints
- 33 Skeletal Tuberculosis
- 34 Inflammatory Orthopedic Problems
- 35 Degenerative Orthopedic Problems
- 36 Tumor Conditions in Orthopedics
- 37 Neuromuscular Disorders in Orthopedics

This subseries, comprising 10 titles, deals with various orthopedic diseases affecting mankind. A wide variety of problems from birth to bone tumors have been included in this series. These books aim to educate the readers about various orthopedic diseases from their presentation to the treatment.

**III Specific Orthopedic Problems**

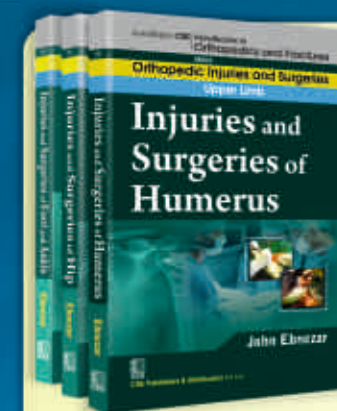
- 38 Orthopedic Problems of Spine
- 39 Orthopedic Problems of Neck
- 40 Orthopedic Problems of Hip
- 41 Orthopedic Problems of Knee
- 42 Orthopedic Problems of Foot
- 43 Orthopedic Problems of Shoulder
- 44 Orthopedic Problems of Elbow
- 45 Orthopedic Problems of Forearm
- 46 Orthopedic Problems of Wrist
- 47 Orthopedic Problems of Hand

Human musculoskeletal system is a huge arrangement. Every part of this system has its own peculiar problems. For the first time ever an attempt is made to present orthopedic problems of various regions in a comprehensive and interesting manner. Each book in the subseries of 10 titles deals with both traumatic and nontraumatic problems of specific regions of the body.

**IV Regional Orthopedic Problems**

- 48 Regional Orthopedic Problems of Upper Limb
- 49 Regional Orthopedic Problems of Lower Limb
- 50 Regional Orthopedic Problems of Spine
- 51 Regional Orthopedic Problems of Hand

In orthopedics, unlike other branches of medicine, there are a special set of problems other than the routine diseases that seem to affect regionwise. Regional problems of the upper limb, lower limb, spine and neck are seen in plenty even more than orthopedic diseases. From tennis elbow to calcaneal spurs there are so many regional orthopedic problems which are very common. This subseries, comprising 4 titles, deals with regional orthopedic problems of upper limb, lower limb, spine and hand.

**V Orthopedic Injuries and Surgeries****Upper Limb**

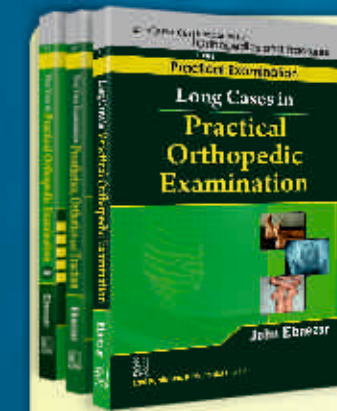
- 52 Injuries and Surgeries of Humerus
- 53 Injuries and Surgeries of Forearm
- 54 Injuries and Surgeries of Hand and Wrist

**Lower Limb**

- 55 Injuries and Surgeries of Hip
- 56 Injuries and Surgeries of Femur
- 57 Injuries and Surgeries of Tibia
- 58 Injuries and Surgeries of Foot and Ankle

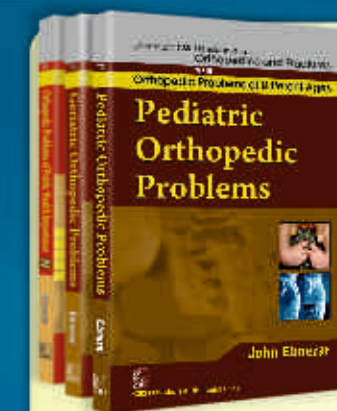
- 59 Common Surgeries of Spine
- 60 Interlocking Surgeries in Orthopedics
- 61 Arthroscopy
- 62 Arthroplasty

Surgeries always create fear in the minds of people. They do not have access to what happens within the four walls of the operation theatre. For the first time an attempt has been made to bring the enigmatic orthopedic surgeries closer to people in their reading rooms. They will now know what and how a surgeon deals with their bones and joints. The purpose of the books in these series is to educate the people and build a healthy and strong admiration and respect for the skills and stamina of their orthopedic surgeons in dealing with their problems.

**VI Practical Examination**

- 63 Long Cases in Practical Orthopedic Examination
- 64 Short Cases in Practical Orthopedic Examination
- 65 Viva Voce Examination: Typical X-Rays
- 66 Viva Voce Examination: Instruments and Implants
- 67 Viva Voce Examination: Prosthetics, Orthotics and Traction
- 68 Viva Voce Examination: Ward Rounds, Specimen Slides and Spotters
- 69 Viva Voce Examination: Common Orthopedic Surgeries
- 70 Viva Voce in Practical Orthopedic Examination Volume I
- 71 Viva Voce in Practical Orthopedic Examination Volume II

This series is meant for both undergraduate medical and postgraduate orthopedics students appearing in their practical examinations. All aspects of the practical orthopedic examination are covered in this series. Students can refer to those books which they need instead of reading an entire book. Every aspect is covered and each book is uniquely presented. It helps a student sail through the examination with ease and confidence.

**VII Orthopedic Problems of Different Ages**

- 72 Pediatric Orthopedic Problems
- 73 Adult Orthopedic Problems Volume I
- 74 Adult Orthopedic Problems Volume II
- 75 Adult Trauma Volume I
- 76 Adult Trauma Volume II
- 77 Adult Trauma Volume III
- 78 Geriatric Orthopedic Problems
- 79 Orthopedic Problems in Women Volume I
- 80 Orthopedic Problems in Women Volume II
- 81 Orthopedic Problems in Women Volume III
- 82 Orthopedic Problems of Public Health Importance Volume I
- 83 Orthopedic Problems of Public Health Importance Volume II
- 84 Orthopedic Problems of Public Health Importance Volume III
- 85 Orthopedic Problems of Public Health Importance Volume IV

Orthopedic problems affect the entire spectrum of human existence from a child to an elderly person. However, each one of them seems to have a unique set of orthopedic problems which have to be dealt differently by the orthopedic surgeons. This subseries, comprising 14 titles, makes an interesting presentation of various orthopedic problems unique to that particular group and divisions within the society. For the first time a reader gets to know what all problems could be seen in a particular group of people.