

Foreword

Orthopaedics is a fascinating and ever-evolving branch of medicine that deals not only with bones and joints, but with the movement, function, independence, and quality of life of an individual. For medical undergraduates, developing a sound understanding of the musculoskeletal system is essential, as orthopaedic problems constitute a significant proportion of clinical practice across all levels of healthcare.

“Orthopaedics Decoded for Undergraduates” has been thoughtfully conceived as an undergraduate-oriented book to provide students with a clear, structured, and clinically relevant understanding of orthopaedics. The book aims to bridge the gap between basic concepts and their practical application at the bedside. It covers the essential principles of general orthopaedics, fracture healing, common injuries, bone and joint disorders, clinical examination, diagnosis, and principles of management in a manner that is accessible to undergraduate medical students.

Salient Features of the Authors

The authors bring together a valuable combination of clinical experience, academic interest, teaching expertise, and practical understanding of orthopaedic problems. Their experience in teaching medical students and working in a tertiary-care clinical environment has helped shape the book around the needs of undergraduate learners.

The authors have particularly focused on:

- Student-oriented presentation of important orthopaedic concepts.
- Emphasis on fundamental principles and clinical correlation rather than unnecessary complexity.
- Integration of clinical examination, investigations, diagnosis, and management principles.
- Presentation of topics in a simple, systematic, and examination-friendly format.

- Inclusion of concepts that encourage students to develop clinical reasoning and problem-solving skills.
- Emphasis on understanding the patient as a whole, rather than focusing exclusively on radiographs or individual bones and joints.
- A practical approach derived from real-world clinical experience in a tertiary-care hospital setting.
- Contribution from authors and chapter contributors with experience in orthopaedic education and clinical practice.

The strength of this book lies in its attempt to make orthopaedics understandable, clinically meaningful, and interesting for the undergraduate student. Rather than being merely a collection of facts, it encourages the learner to connect anatomy, pathology, biomechanics, clinical examination, imaging, and treatment into a coherent approach to the patient.

I am confident that “Orthopaedics Decoded for Undergraduates” will serve as a useful companion for undergraduate medical students during their classroom teaching, clinical postings, examinations, and early clinical practice. It may also provide a valuable foundation for those who subsequently choose orthopaedics as a career.

I congratulate the authors and all chapter contributors for undertaking this important academic endeavour. I hope this book inspires students to look beyond memorisation and develop a deeper appreciation of the science and art of caring for patients with musculoskeletal disorders.

I wish the book every success and commend it to medical students, teachers, and all those beginning their journey in orthopaedic education.

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