The Acute Knee

A Handbook for Sports Medicine Physicians

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With Contributions by Seth L. Sherman

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To my dad, "Doc" Ben Sherman, who epitomized the word Physician.
To my mom, the unsung hero, who raised four sons, all of whom are now physicians. She taught us all the meaning of self-sacrifice and love.

Foreword

During residency, dad changed my life by teaching me the "Lachman exam" on an injured high school football athlete. His energy and passion for sharing the love of his craft was contagious. I am so proud to follow in his footsteps as a third-generation team physician and surgeon!

Dad's book is a **MUST READ** for clinicians interested in a career in sports medicine. Through an easy-to-follow, multimedia, and entertaining format, dad teaches the importance of listening to patients, asking the right questions, and confirming diagnosis through focused physical examination.

Dad brings 40+ years of experience to orthopedic sports medicine. He highlights priceless lessons learned the hard way and pearls of wisdom in every chapter and video. As a member of the next generation, I am impressed by his ability to communicate this foundational knowledge through a contemporary lens. I challenge you to master the lost art of history and physical examination in your own practice. Dad's book is a great way to embrace that worthy mission for your patients.

Redwood City, CA, USA — Seth L. Sherman

Reviews of This Book

Dean C. Taylor, MD

Mark Sherman's *The Acute Knee* is a treasure, and a "must-read" for anyone taking care of knee injuries. Mark's patient-centered approach is a breath of fresh air in a world dominated by electronic medical records and a reliance on technology over humanitarian care. Emphasizing concepts like HUMILITY, LISTENING, REHABILITY (a Sherman neologism), and CRU (a new and CRUcial way to think about ACL injuries), *The Acute Knee* synthesizes Dr. Sherman's 40 years of experience into a straightforward, readable (and watchable, with complementary videos) manual that emphasizes the essentials of humanely diagnosing and treating knee injuries. This book entertainingly accomplishes its purpose—to get back to the basics and keep it simple—with keen insights for everyone.

James Kinderknecht, MD

It is well documented that the musculoskeletal exam is poorly done in most medical schools. This handbook on the evaluation of the acutely injured knee by Dr. Sherman is extremely well done and much needed. I feel it is an excellent resource for all sports medicine physicians.

Russell Warren, MD

Dr. Sherman has created a fine book. He is extremely knowledgeable, having started his career with the late. Dr. John L Marshall at the Hospital for Special Surgery. They carried out numerous studies on the ACL injury. This book clearly defines issues and potential solutions. It nicely explains the options of your care and treatment. It is well worth the read.

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Introduction

As a third-year medical student, my father, an active general surgeon, gave me a copy of Cope's *The Acute Abdomen*. He said that if I read it carefully, I would be a better young physician. As usual, dad was right. Cope's treatise was a simply written, exciting entry to the world of general surgery. After reading Cope, I knew that I could deal with a patient presenting with acute abdominal pain. To this date, it was one of the most informative and important medical texts that I have read. It is the inspiration to my writing this book.

It is not my intention for this book to be an authoritative text. After being in a sports medicine orthopedic practice for the past 40 years, I have accumulated a great deal of practical knowledge. I was also blessed to be trained and associated with some of the great minds in the field of knee surgery. A good portion of my career is involved in teaching younger physicians. I know that it is a long and arduous process to appreciate the "art of medicine." The goal of this book is to make it easier for a beginning knee practitioner to take an educated history and then perform a thorough physical examination. This will invariably steer them to the course of the correct diagnosis. To keep this book sharply focused, my intent was to deal with the diagnosis of the acutely injured knee. I will also offer my philosophy on the treatment options for these injuries, again emphasizing that these recommendations are far from definitive, but may be helpful in the formulation of your gameplan for the patient.