

InflammationMastery.com

- Integrative Orthopedics & Rheumatology
- Mastery of Common Clinical Disorders
- Integrative & Functional Management of Hypertension
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Integrative and Biological Medicine

Concepts, Algorithms, Perspectives & Therapeutics

*The art of co-creating wellness
while effectively managing
acute and chronic health disorders*

[Integrative Orthopedics Third Edition](#) is a clinically-oriented textbook that introduces and reviews concepts in the assessment and management of acute and chronic musculoskeletal disorders and injuries. Since **approximately 1 of every 7 (14% of total) visits to a primary healthcare provider is for the treatment of musculoskeletal pain or dysfunction**, every physician needs to have 1) knowledge of important concepts related to musculoskeletal medicine, 2) the ability to recognize urgent and emergency conditions, 3) the ability to competently perform orthopedic examination procedures, and 4) the knowledge and ability to design and implement effective treatment plans.

Students at chiropractic, naturopathic, osteopathic, and allopathic medical colleges will find [Integrative Orthopedics](#) to provide a needed blend of concepts as well as the practical “how to” information on patient management that is often neglected in other textbooks or which can only be obtained after years of clinical experience. This book will help you synthesize your courses in physical examination, manipulation, physiotherapy, nutrition, botanical medicine, neurology and therapeutic exercise into a cohesive set of skills that enables you to effectively help your patients overcome their musculoskeletal problems while you simultaneously promote optimal health—**wellness**—by looking at the bigger picture of their overall health rather than simply focusing on “the problem.” [Integrative Orthopedics](#) provides the information and the citations to the research literature that you need in order to feel confident about your new skills and the new responsibilities that you will face as a licensed healthcare provider. You will also be able to test your own knowledge and comprehension of the material by taking the “final examination” that covers the basic material and the core competencies that every doctor should know when working with patients with musculoskeletal problems.

Physicians and students of all professions will find that [Integrative Orthopedics](#) offers the opportunity to review and refresh their knowledge of musculoskeletal medicine and to fill in some of the empty spaces where information has either been forgotten or may not have ever been taught. If your formal education did not provide training in topics such as proprioceptive retraining, interventional nutrition, post-isometric stretching, or botanical medicines, then certainly you will benefit even more from reading [Integrative Orthopedics](#). Combining [Integrative Orthopedics](#) with [Integrative Rheumatology](#) will give you a clinical advantage and the research justification to help treat your patients in the most natural, safe, and holistic means possible. The website provides text updates, seminar dates, and recently published peer-reviewed articles by Dr. Vasquez.

About the Author: Alex Vasquez DC ND DO FACN is Director of Programs for the International College of Human Nutrition and Functional Medicine, online at ICHNFM.org. The founding Program Director of the world's first fully-accredited university-based graduate program in Human Nutrition and Functional Medicine, Dr Alex Vasquez has earned three doctoral degrees as a graduate of University of Western States (Doctor of Chiropractic, 1996), Bastyr University (Doctor of Naturopathic Medicine, 1999), and University of North Texas Health Science Center, Texas College of Osteopathic Medicine (Doctor of Osteopathic Medicine, 2010). Dr Vasquez is the author of many textbooks, including [Integrative Orthopedics](#) (2004, 2007, 2012) [Integrative Rheumatology](#) (2006, 2007), [Musculoskeletal Pain: Expanded Clinical Strategies](#) (published by the Institute for Functional Medicine, 2008), [Chiropractic and Naturopathic Mastery of Common Clinical Disorders](#) (2009), [Integrative Medicine and Functional Medicine for Chronic Hypertension](#) (2011), [Migraine Headaches, Hypothyroidism, and Fibromyalgia](#) (2012), [Fibromyalgia in a Nutshell](#) (2012), and [Selected Topics in Neuromusculoskeletal Medicine](#) (2013). "DrV" has also written approximately 100 letters and articles for professional magazines and medical journals such as *British Medical Journal* (BMJ), *TheLancet.com*, *Annals of Pharmacotherapy*, *Journal of Clinical Endocrinology and Metabolism*, *Journal of the American Medical Association* (JAMA), *Alternative Therapies in Health and Medicine*, *Journal of the American Osteopathic Association* (JAOA), *Nutritional Perspectives*, *Journal of Manipulative and Physiological Therapeutics* (JMPT), *Original Internist*, *Integrative Medicine: A Clinician's Journal*, *Holistic Primary Care*, and *Arthritis & Rheumatism*, the Official Journal of the American College of Rheumatology. Dr Vasquez lectures nationally and internationally to healthcare professionals and provides expert consultations to physicians and patients internationally. Dr Vasquez is the Founding Editor of *International Journal of Human Nutrition and Functional Medicine* (IntJHumNutrFunctMed.org), and he is the Conference Director for The International Conference on Human Nutrition and Functional Medicine (ICHNFM.org). A description of Dr Vasquez's other projects, books, audios, and videos is updated at his website InflammationMastery.com with patient consultation information located at HealGrowThriveMedicine.com. All of DrV's books are available on Amazon.com and CreateSpace.com with videos at Vimeo.com/ICHNFM and Vimeo.com/DrVasquez; indeed, several available videos by Dr Vasquez will help students and clinicians gain important insights into the clinical application of this material, including doses of nutrients, additional citations to research, important clinical pearls, and expanded discussions on various topics, including what DrV refers to as “the new mitochondrial medicine”, as revealed in his innovative, insightful, and paradigm-shifting perspective published in the journal *Alternative Therapies in Health and Medicine* (January 2014, available at ICHNFM.org).

Family Medicine
Orthopedics
Chiropractic
Naturopathic
Medicine
Osteopathic Medicine

This textbook is distributed via the **International College of Human Nutrition and Functional Medicine** based in Barcelona, Cataluña/Spain and detailed at ICHNFM.ORG with more casual updates and news posted at Facebook.com/ICHNFM
Dr Vasquez's publications are described at his websites:
InflammationMastery.com and FunctionalInflammolgy.com.

Eighteen Chapters of Diagnostics, Therapeutics (Dietary, Nutritional, Manipulative, Botanical), Clinical Pearls, Core Competencies, and Citations to Peer-Reviewed Research

1. Introduction, Concepts, Patient Assessments, Musculoskeletal Emergencies
2. Re-establishing the Foundation for Health
3. Comprehensive Musculoskeletal Care
4. Head, Skull, and Temporomandibular Joint
5. Neck and Cervical Spine
6. Thoracic Spine, Ribs, and Chest Wall
7. Shoulder
8. Arm, Elbow, Forearm
9. Wrist and Hand
10. Low Back and Lumbar Spine
11. Pelvis and Sacroiliac Joints
12. Hip and Thigh
13. Knee
14. Leg, Ankle, and Foot
15. Iron Overload
16. Fibromyalgia
17. Additional Concepts and Selected Therapeutics
18. Core Competencies and Self-assessments

INTEGRATIVE ORTHOPEDICS Third Edition VASQUEZ

INTEGRATIVE ORTHOPEDICS

Third Edition with New Information on Laboratory Interpretation, Migraine Headaches, Iron Overload, and Fibromyalgia

Integrative, Nutritional, Botanical, and Manipulative Therapeutics with Concepts, Perspectives, Algorithms, and Protocols for the In-Office Diagnosis and Management of the Most Common Neuromusculoskeletal Problems

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