

Foreword by Dr. Bill Ribbans

Maneesh Bhatia and his fellow authors are to be congratulated on the production of *Musculoskeletal Injections and Alternative Options: A Practical Guide to 'What, When and How'*. Safe and effective injections for a range of musculoskeletal conditions are an important part of the armamentarium of clinicians in many disciplines and the allied professions. The book has been neatly divided into general comments, anatomical locations, and more specialised treatments and delivery modalities.

Wherever possible the book delivers evidence-based opinions and is extensively referenced. The chapters deal with pharmacology, side effects and complications. It carefully examines the indications for each form of injection and valuable advice upon their delivery.

The book should be an excellent reference for clinicians to guide the implementation of injection therapy for a range of common conditions. It will answer many of the questions raised by enquiring patients and help structure patient information leaflets for pre- and post-injection advice.

The number of alternative forms and types of injectable drugs and modes of delivery increases every year. Clinicians need to be confident upon the indications for injections and be able to explain their purposes both diagnostic and therapeutic. Additionally, the clinician needs to be able to walk a patient through the post-injection journey with advice on expected response times. Patients need to be clear about the potential outcomes of any injection - successful long-term relief of symptoms, short-term relief followed by return of symptoms, or no relief of symptoms. Each of these provides valuable information to guide future management. The clinician needs to be clear on their response to such patient-reported outcomes.

This book will deliver many of the answers to these questions and provide an excellent resource for the busy clinician in both outpatient and inpatient settings.