Foreword

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You should always put your best foot forward. Well, that is what this issue of *Clinics in Sports Medicine* has done, as I will elucidate in this foreword. Dr Anish R. Kadakia has done a superb job in putting together this treatise on sports foot and ankle. We have all seen how debilitating seemingly minor injuries to the ankle and foot can be. And, as I am sure you are aware, ankle sprains are the most common injury in sports. Therefore, this is a timely and important issue. Dr Kadakia, who is an excellent foot and ankle surgeon himself, includes a thorough review of tendon injuries, ankle sprains (to include high ankle sprains), arthroscopy, traumatic injuries, turf toe, overuse injuries, and entrapment neuropathies in this issue of *Clinics in Sports Medicine*. No one needs to tell him to step it up!

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