

## **Dr. D'Amico Contributes to New Biomechanics Text, Discusses Biomechanics for Footprints**

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**Joseph C. D'Amico, DPM**, a graduate of NYCPM, is a professor and past chair of the department of orthopedics and biomechanics. He wrote the foreword to the first volume of the new text *Practical Biomechanics for the Podiatrist* by Richard L. Blake DPM, MS; Carlos Martínez Sebastián, and Álvaro Gómez Carrión each contributed a chapter and Dr. D'Amico will contribute a chapter to a subsequent volume, which will be entitled *The Role of Plantar Pressure Analysis in Clinical Practice*. The series will eventually comprise four volumes.

Dr. Blake is a graduate of the California College of Podiatric Medicine, where he completed a master's program in biomechanics, has published many articles on biomechanics and sports medicine, and is the originator of the Inverted Cast Technique. He has lectured at the Schuster Biomechanics seminar and to our students for the past three years and will lecture again this year. (Dr. D'Amico coordinates and chairs the annual Richard O. Schuster Memorial Biomechanics Seminar, a purely academic meeting held by NYCPM each November.)

Writes Dr. D'Amico:

"Dr. Blake is a past president of the American Academy of Podiatric Sports Medicine, and along with the recently deceased Ronald L Valmassy, DPM, has run the Center for Sports Medicine at St. Francis Memorial Hospital in San Francisco for over 35 years.

In my forward I noted that due to retained phylogenic and ontogenic influences, no child is born with perfect feet and if not outgrown against the deforming effects of gravity in a malleable system will produce compensatory adjustments with accompanying dysfunction, deformity and ultimately disability. In the case of the sports participant these otherwise "minor" imperfections are multiplied by at least 2-3 times and in some sports by as much as 5 times body weight!

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This is why a knowledge of biomechanics in regard to lower extremity form and function is critical to the foot and ankle specialist. In fact, it is biomechanics that is the cornerstone for the practice of podiatric medicine and surgery and why this book is an essential, practical, clear, concise guidebook that I personally recommend to all students and practitioners looking to improve patient outcomes in gait-related disorders of the lower extremity."