

Foreword

Through his text, *Foundations for Integrative Musculoskeletal Medicine: An East-West Approach*, Alon Marcus provides other healthcare practitioners (and the interested public) exactly what he seeks to provide for his patients -- **balance**. This is a balanced text. East meets west. Orthodox meets alternative. Somatic meets visceral. It manages to blend systems in a way that is useful to those who understand and value the concept of philosophic models.

The text provides a vehicle to transport understanding across professional degree boundaries and to introduce key concepts about the impact of the musculoskeletal system in diagnosis and treatment in a user-friendly fashion. Its even-handed overview of several healthcare systems welcomes readers with differing backgrounds to “come aboard” and comfortably absorb the new vistas presented without ever taking them too far from their respective homes.

Significantly more than a “how-to manual,” this text offers insights built upon foundational concepts and promotes a deeper understanding of the many ways in which health may be encouraged. It interweaves practical advice with evidence-based data. It builds a foundation in one world while deftly bridging to another. It summarizes and encapsulates extensive specific data in tables that leave the reader free to grasp the concept being presented or the busy clinician to use as a time-effective resource.

In short, with this text Alon Marcus has made a major contribution to the healthcare field. He has deftly blended many of the best concepts and approaches offered by oriental, orthopaedic, and osteopathic medical practitioners into a vision of understanding the whole patient through the clues provided. The author doesn't promise nor force a single “integrative musculoskeletal medicine” approach upon us; instead, he delivers an excellent foundation to improve how we choose to practice. In this manner, I have become a better clinician and a better member of the healthcare community. What more can one ask for from a text?

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