Contents

Part - I
Traumatic Orthopedics

1. **General Orthopedics** 3
   - *Anatomy of Bones* 3
   - *Joints* 4
   - *Fractures* 5
   - *Bone Healing* 6
   - *Classification of Fractures* 6
   - *Pathological Fractures* 7
   - *Muller's AO Classification of Fractures* 9
   - *Open Fractures* 10
   - *Complications of Fractures* 10
   - *Clinical Features* 11
   - *Injuries to Ligaments "Sprain"* 12
   - *Fractures with Eponyms* 12
   - *General Principle ot Treatment of Fractures* 14
   - *Splints* 15
   - *Special Features of Fractures in Children* 25
2. **Fracture Clavicle** 26
3. **Dislocation of the Shoulder** 28
   - *Recurrent Anterior Dislocation of Shoulder* 31
4. **Fracture Scapula** 32
   - *Acromioclavicular Subluxation* 32
   - *Acromioclavicular Dislocation* 33
5. **Proximal Humeral Fracture** 34
6. **Fracture Shaft Humerus** 36
7. **Supracondylar Fracture of the Humerus** 39
   - *Volkmann's Ischemic Contracture (VIC)* 42
   - *Cubitus Varus* 43
   - *Myositis Ossificans* 43
8. **Physeal Injury** 44
9. **Intercondylar Fracture of Humerus** 46
10. **Dislocation of the Elbow** 47
11. **Pulled Elbow** 49
12. **Fracture of the Olecranon** 50
13. **Fracture of Head of the Radius** 51
14. **Fractures of Forearm Bones** 52

15. **Fracture of Distal End of Radius** 55
Colles Fracture 55
Barton's Fracture 56
Chauffeur's Fracture 56
16. **Scaphoid Fracture** 57
17. **Fracture of the Metacarpals** 58
Bennett's Fracture 58
18. **Fractures of the Phalanges** 59
Mallet Finger (Syn—Base Ball Finger, Drop Finger) 59
19. **Fracture Pelvis** 60
20. **Spine** 63
21. **Injuries Around the Hip** 74
22. **Fracture Acetabulum** 77
23. **Dislocation of Hip** 79
Posterior Dislocation 79
Anterior Dislocation of the Hip 81
24. **Fracture of Neck of the Femur** 82
25. **Intertrochanteric Fracture** 88
26. **Fracture Shaft Femur** 90
27. **Condylar Fracture of Femur** 92
28. **Fracture of the Patella** 93
29. **Internal Derangement of Knee (IDK)** 95
Collateral Ligaments Injury 96
Cruciate Ligament Injuries 96
Semilunar Cartilage (Meniscus) Injuries 99
30. **Dislocation of the Patella** 101
31. **Proximal Tibial Fracture** 102
32. **Fracture of Shaft of Tibia and Fibula** 103
33. **Ankle Injury** 105
34. **Fracture Calcaneum** 108
35. **Fracture Neck Talus** 110
36. **Injuries of the Forefoot** 111
Lisfranc's Dislocation 111
Fracture of the Metatarsal Bones 112

Part - II
Nontraumatic Orthopedics

37. **Clubfoot** 117
38. **Congenital Dislocation of the Hip (CDH)** 123

39. Tuberculosis of Bones and Joints 127
Pathology 127
Investigation 128
Principles of Treatment 128
Tuberculosis of the Spine 130
Tuberculosis of the Hip 133
Tuberculosis of the Knee 135

40. Osteomyelitis 136
Acute Osteomyelitis 136
Chronic Osteomyelitis 137

41. Acute Suppurative Arthritis 142
Septic Arthritis of Infants (?Tom Smith Arthritis) 143
Syphilis of the Joints 143

42. Bone Tumor 144
Classification of Tumors 145
Important Benign Tumors of Bone 147
Important Tumor Like Lesions 149
Important Malignant Tumors 151
Chondroma (Enchondroma) 153
Chordoma 153
Hemangioma of the Bone 153
Adamantinoma (Akin to Osteoclastomatous Lesion) 153

43. Peripheral Nerve Injury 154

44. Neuromuscular Disorders 165
Poliomyelitis 165
Cerebral Palsy 168
Myopathy 169

45. Metabolic Bone Disease 171
Rickets 172
Osteomalacia 174
Osteoporosis 175
Osteosclerosis 177

46. Arthritis and Related Diseases 178
Arthritis 178
Rheumatoid Arthritis 179
Seronegative Spond-Arthritis (SSA) 182
Ankylosing Spondylitis (Marie-Strümpell Disease) 183
Osteoarthritis (Osteoarthrosis) 185

47. Delayed Union and Nonunion 190

48. Malunion 194

49. Shortening of Limbs 195

50. Developmental Disorders 196
Osteogenesis Imperfecta (Fragilitas Ossium/Periosteal Dysplasia) 196
Osteopetrosis (Marble Bone/Chalk Bone) 196
Melorheostosis (Candle Bone/Leri's Disease/Flowing Hyperostosis) 196
Osteopathia Striata (Stripped Bone Disease) 196
Osteopoikilosis (Spotted Bone Disease) 197

Engelmann's Disease (Progressive Diaphyseal Dysplasia) 197
Morquio's Disease 197
Hurler's Disease (Gargoylism) 197
Hunter's Disease 197
Blount's Disease 197
Achondroplasia (Micromelia) 197

51. Paget's Disease 198

52. Osteochondritis 199

53. Legg-Calve-Perthes Disease 200

54. Regional Soft Tissue Affections 202
Bursitis 202
Tennis Elbow (Lateral Epicondylitis) 202
Golfer's Elbow (Medial Epicondylitis) 202
Javelin Elbow 202
Frozen Shoulder (Syn—Periarthritis, Adhesive Capsulitis) 203
Dequervain's Disease (Stenosing Tenovaginitis) 203
Trigger Finger/Thumb 203
Bowler's Thumb 203
Dupuytren's Contracture 204
Ganglion 204
Carpal Tunnel Syndrome 204
Popliteal Cyst 205
Morton's Metatarsalgia 205
Meralgia Paresthetica 205
Painful Heel 205

55. Backache 207
Prolapsed Intervertebral Disk (PIVD)/Herniated Disk 207

56. Scoliosis 212
Kyphosis 214
Spondylolisthesis 214
Spondylolysis (Spondyloschisis) 214

57. Amputations 215

58. Prostheses, Orthoses and Physiotherapy 218
Prosthesis 218
Few Important Orthoses 219
Physiotherapy 227

59. Instruments 232
General Orthopedic Instruments 232
Bone Holding Instruments 233
Bone Cutting Instruments 234
Instruments for Plating 234
Instruments for Kim Nail Application 235
General Implants 235
Nails 237
Plates and Screws 237
Prosthesis 239
X-ray Image Intensifier 240

Index 243