

Contents

Glossary	ix
I. Upper Limb	1
Approach to the Brachial Plexus	2
Approaches to the Shoulder	
Anterior	7
Posterior	9
Transacromial	11
Approaches to the Humerus	
Anterolateral	13
Posterior	15
Medial	15
Approaches to the Elbow	
Lateral	17
Posterior	19
Medial	21
Approaches to the Forearm	
Ulna	23
Radius	23
Approaches to the Wrist	
Volar	27
Lateral	29
Dorsal	29
Approaches to the Hand	
Exposure of Palm and Digit	31
Dorsum of the Hand	35
II. Lower Limb	37
Approaches to the Hip	
Anterior (Iliofemoral)	39
Lateral	41
Posterior	43
Medial	45
Approaches to the Proximal Femur	
Lateral	47
Posterolateral	47
Approaches to the Distal Femur	
Lateral	49
Medial	51
Approaches to the Knee	
Anterior	53
Posterior	55
Approach to the Tibial Plateau	57
Approaches to the Tibial Shaft	
Anterior	59
Posterior	61
Approaches to the Ankle	
Anterior	63
Medial	65
Anterolateral Approach to the Tarsus	67

Approaches to the Forefoot and Toes	
Dorsal	69
Dorsolateral Approach to Flexor Tendons	71
Volar	71
III. Spine	73
Approaches to the Cervical Spine	
Posterior	75
Anterior	77
Approaches to the Thoracic Spine	
Transthoracic	79
Posterolateral	79
Approaches to the Lumbar Spine	
Posterior	81
Anterior	83
Subcostal	83
Transcostal	83
Anterolateral Extraperitoneal	85
Approach to the Sacrum	87
Approaches to the Sacro-Iliac Joint	
Posterior	89
Anterior	89
Appendix	90
Suggested Further Reading	90