

Index

Page numbers in *italic* refer to figures.

Page numbers in **bold** refer to tables.

ABCDE approach *see* advanced trauma life support
 abductor pollicis longus, De Quervain's tenosynovitis, 52
 absolute stability, 26
 absorbable sutures, **204**
 acetabular angle, 69
 acetabulum
 anatomy, 64, 67
 fractures, 32, 64–66
 radiography, 61, 65
 Achilles tendon, 92
 achondroplasia, 110
 acoustic impedance, 16
 acquired adult flat foot, 90–91
 acromioclavicular joint
 dislocations, 37
 injections, 135, 136
 adalimumab, **158**
 adductor pollicis, Froment's test, 51
 adhesive capsulitis (frozen shoulder), 41
 adhesives (Dermabond), **204**
 adult flat foot, 90–91
 advanced trauma life support, 23, **24**
 pelvic fractures, 62
 ageing *see* elderly patients
 air cast boot, **206**
 air changes, theatres, 199
 Akin osteotomy, 87
 alcohol, osteoporosis, **174**
 alendronate, 142, 176
 fractures induced by, 32
 alkaline phosphatase, **21**
 Allen's test, 47
 allopurinol, 179
 anakinra, **158**
 analgesics, *see also* non-steroidal anti-inflammatory drugs
 osteoarthritis, 151
 anatomical classification, cerebral palsy, 108
 aneurysmal bone cyst, 183–184
 angiography, pelvic fractures, 63

angiosarcoma, 185
 angulation (displacement), 3, 4, 24–25
 anisotropic materials, 197
 ankle, 85–94
 anatomy, 86, 138
 arthritis, 91
 dislocations, 92–93
 fractures, 34, 92–93
 fixation, 205
 injections, 136–137
 ankylosing spondylitis, 73, 155, 158, 159–160
 antalgic gait, 69
 anterior cruciate ligament
 injuries, 80, **81**
 surgery, 121
 anterior drawer test, **81**
 anterior humeral line, 126
 anterior knee pain, 82–84
 anterior uveitis, **159**
 antibiotics, 20
 infected prostheses, 169, 170
 osteomyelitis, 165, 166
 postoperative, 144
 septic arthritis, 129
 anticitrullinated peptide/protein antibodies, **21**, 156
 antinuclear antibodies, **21**
 apophyses, 105
 arteries, *see also specific arteries*
 corona mortis, 64, 65
 hip, 67
 pelvis, 59
 arterio-venous malformation, 185
 arthritis, *see also* osteoarthritis; rheumatoid arthritis; septic arthritis; *specific types*
 ankle, 91
 elbow, 44
 foot, 91
 hip, 73
 arthrodesis
 ankle, 93
 first carpometacarpal joint, 54

first tarsometatarsal joint, 85
 foot arthritis, 91
 osteoarthritis, 152
 arthrography, 15–16
 arthroplasty, 8, 199–203, *see also* peri-prosthetic fractures; prostheses
 ankle, 91
 complications, 147
 infections, 167–170
 failure rates, 8
 glenohumeral joint, 43
 hip, 70, 72, 73, 201
 dislocated, 118
 implants, 199–200
 precautions, **147**
 surgical approaches, 139
 infections, 167–170
 knee, 78–79, 80
 osteoarthritis, 151–152
 arthroscopy
 knee, 121, 139
 osteoarthritis, 151
 shoulder, 138
 aspiration, joints, 135–138
 aspiration biopsy, **20**
 ataxia, cerebral palsy, 108
 ATLS *see* advanced trauma life support
 avascular necrosis, 146
 hip, 73, 111, 117, 146
 scaphoid fractures, 58
 avulsion fractures
 ankle, 93
 pelvis, 61
 thumb, 56–57
 axial plane, 12
 computed tomography, 13
 axillary nerve
 injuries, **192**
 palsy, 41
 skin sensation, 29
 axonotmesis, 188
 azathioprine, **158**

- back pain, 95–102, 133–134
 ankylosing spondylitis, 159
 spondyloarthropathies, 158, **159**
 background radiation, doses, **13**
 baclofen, cerebral palsy, **108**
 bands of Bungner, 188
 Bankart lesion, 41, 123, 124
 barbotage, 41
 Barlow's test, 111, 111
 Baumann's angle, 126
 beach chair position, 200
 bedsores, 144
 belly press test, 41
 Bennett's fracture dislocation, 57
 Best Practice Tariff (DoH), 141, **142**
 biceps, ruptures, 37, 39, 43
 bicipital groove, 37
 binders, pelvis, 62, 62–63
 biofilms, 167–168
 biological agents, rheumatoid arthritis, **158**
 biological treatments, 6
 biomaterials, 197–198
 biomechanical risk, osteoarthritis, 149
 biomechanics, 195–198
 biopsies, 11, 20
 Birch and Bonney classification, 188
 birth injuries, 105, 106
 bisphosphonates, 142, 176
 fractures induced by, 32
 bites, **171**
 flexor sheath tenosynovitis, 55
 bladder, trauma, 63
 blood supply
 fracture fixation, 5
 hip, 67, 68
 knee, 77
 proximal humerus, 37
 blood tests, 20, **21**
 gout, 179
 infections, **21**, 164
 osteoporosis, 176
 pelvic fractures, 61
 Blount's disease, 113
 bone cement implantation syndrome, 202
 bone mineral density
 DXA, 12–13
 epidemiology, 8–9
 bones, *see also* metabolic bone diseases
 anatomy, 2
 children, 105, 106
 anisotropy, 197
 dysplasias, 109
 fibrous dysplasia, 184
 tumours, 181–184
 botulinum toxin, cerebral palsy, **108**
 Bouchard's nodes, 53
 boutonniere deformity, 56, 156
 braces, **206**
 brachial artery, at elbow, 125, 126
 brachial plexus, 189–190, **191**
 birth injuries, 105, 106
 Brodie's abscess, 165, 166
 bucket handle tears, menisci, 119, 120
 buckle fractures, 25, 105
 Buerger test, 99
 Bungner's bands, 188
 bunion, 85–87
 Burgess and Young classification, 61, 62
 bursitis
 olecranon, 43–44
 prepatellar, 83
 subacromial, 40–41
 supraspinatus, 40
 trochanteric, 73, 74
 C-reactive protein, **21**
 calcaneum, fractures, 93–94
 calcific tendinitis, 40–41
 calcification, 146
 calcitriol, 177
 calcium
 osteoporosis, **174**, 176, 177
 values, **21**
 callus, 24
 metatarsalgia, 88
 cancellous screws, 204, 205
 cancer *see* tumours
 capillary refill, hand, 47
 capsule, hip, 67
 cardiovascular disease, DMARDs, 158
 carpal tunnel decompression, 139–140
 carpal tunnel syndrome, 49–51
 decompression, 50
 injections, 135–136, 137
 cartilage caps, exostoses, 182
 casts, **33**, **206**
 cat bites, flexor sheath tenosynovitis, **55**
 cauda equina, compression, 100
 cauda equina syndrome, 133–134
 CAVE (mnemonic), clubfoot, 115
 cavus foot, 91
 cellulitis, **171**
 cement, 201–202
 cemented implants, 201
 cementing phases, **203**
 centre edge angle, hip, 69
 ceramics, **203**
 cerebral palsy, 107–108
 certolizumab, **158**
 cervical myelopathy, 101
 cheilectomy, 87
 chemotherapy, 186
 childbirth, injuries, 105
 children *see* paediatrics
 cholecalciferol, 177
 chondral fragments, knee, 120
 chondrosarcoma, 183
 chronic kidney disease, mineral and bone disorder, 179
 chronic osteomyelitis, 165–167
 citrullinated peptide/proteins, antibodies
 against, **21**
 claudication, 99
 clavicular fractures, 29, 30
 birth injuries, 105
 healing times, **27**
 nonunion, 146
 claw toe, 89
 clawing, ulnar, 51
 closed mallet fingers, 56
Clostridium histolyticum, collagenase
 injection, 53
 clubfoot, 115
 cobalt-chrome alloys, **203**
 colchicine, 179
 colecalciferol, 177
 collateral ligaments, knee, **76**
 Colles's fracture, 31
 colony-forming units per metre cubed, 199
 comminuted fractures, 24, 25
 common extensor tendon origin, elbow, 43
 common peroneal nerve, injuries, **192**
 compartment syndrome, 5, 35, 131–132, 145
 elbow fractures, 126
 fasciotomy for, 122
 foot, 93
 complement-reactive protein (CRP), **21**
 complex regional pain syndrome, 146
 compression, cauda equina, 100
 compression fractures, vertebrae, 175
 compression syndromes, 49–53, 179
 computed tomography, 13, 18
 acetabulum, 65
 morbidity potential, 13
 osteoarthritis, 150
 osteomyelitis, 167
 pelvis, 61
 polytrauma, 27–28
 radiation doses, **13**
 conduction block (neurapraxia), 188–189
 congenital flat foot, 90
 congenital talipes equinovarus, 115
 contact guidance, axons, 188
 corona mortis, 64, 65
 coronal plane, 12
 cortical bone, anisotropy, 197
 cortical screws, 204, 205
 corticosteroids *see* steroids
 costs, hip fractures, 67
 COX2 inhibitors, rheumatoid arthritis, 157
 cranial nerve compression, Paget's disease, 179
 creep, 198
 cricket pad splint, **206**
 cross-over sign, femoroacetabular
 impingement, 74
 cruciate ligaments, **76**, 76
 injuries, 80, **81**
 surgery, 121
 crush fractures, distal phalanges, 56
 crutches, **205**
 crystal arthropathy, 179, *see also* gout
 cubital tunnel syndrome, 44–45, 51
 cuff arthropathy, 41
 cyclic citrullinated peptide antibodies, **21**, 156
 cysts, facet joint arthropathy, 100
 cytology, 20
 D-dimers, 145
 dactylitis, 158
 damage control orthopaedics (DCO), 23–24
 dashboard injury, 117
 DATING ME (mnemonic), peripheral nerve
 injury 187
 DCO (damage control orthopaedics), 23–24
 De Quervain's tenosynovitis, 52
 deafness, Paget's disease, 178–179
 death, polytrauma, 23
 debridement, infected prostheses, 168
 deep vein thrombosis, 144–145
 definitions of terms, 1
 deforming forces, 197–198

- degenerative lesions
 - discs, 98
 - peripheral nerves, 188, 190
- delayed union, fractures, 145–146
- dendrites, 187
- Denis classification, 5
- Denis three-column theory, 104, 104
- Dermabond tissue adhesive, **204**
- dermatomes, 95, 97
- developmental dysplasia of hip (DDH), 110–111
- DEXA/DXA (dual energy X-ray absorptiometry), 12, 141, 176
- diaper thumb, 52
- diaphyseal aclasia, 182
- diastasis, pubic symphysis, 62
- diet, osteoporosis, 142, 176
- dinner-fork deformity, 31
- disc degeneration, 98
 - slipped disc, 95–98, 99
- discectomy, 98
- discitis, **171**
- discogenic pain, 95–98, 99
- discoid meniscus, **16**
- disease-modifying antirheumatic drugs (DMARD), 158
- dislocations, 25, *see also* instability
 - acromioclavicular joint, 37
 - ankle, 92–93
 - hip, 117–118, 147
 - knee, 32–33, **81**, 119, 121–122
 - patella, 32, 120
 - proximal interphalangeal joints, 57
 - shoulder, 29, 41, 123–124
 - nerve injuries, **192**
- displacement, 4, 4, 24–25
 - intracapsular fractures of femoral neck, 70
 - wrist fractures, 31
- distal biceps tendon rupture, 39, 43
- distal interphalangeal joints, trauma, 56
- dog bites, flexor sheath tenosynovitis, **55**
- donosumab, 177
- dorsal rhizotomy, cerebral palsy, **108**
- dorsal scapular nerve, injuries, 190
- dual energy X-ray absorptiometry, 12, 141, 176
- Dupuytren's disease, 52–53, 185
- Durcum's disease, 185
- Durkan's test, **51**
- dwarfism, 110
- DXA (dual energy X-ray absorptiometry), 12, 141, 176
- dynamic hip screws, 69, 71, **201**
- dynamics, 195
- dysplasias of bones, 110
 - fibrous dysplasia, 184
- dystonia, cerebral palsy, 108
- early total care, 23–24
- Edinburgh splint, 57
- education (of practitioners), 5
- effusions, **21**
- elastic deformation, 198
- elastic limit, 197
- elbow
 - anatomy, 125
 - dislocations, nerve injuries, **192**
 - fractures, 125–127
 - injections, 135, **137**
 - intra-articular fractures, 30
 - soft-tissue conditions, 43–45
- elbow flexion test, 51
- elderly patients
 - falls, 141, **142**
 - fractures, 8, 32, 68, 70
 - osteoarthritis, 8
 - trauma, 27
- electrolytes, postoperative, 143
- electromyography, 19, 190
- 11, rules of, **31**
- embolisation (therapeutic), pelvic fractures, 63
- emergencies, 117–134
- EMG (electromyography), 19, 190
- enchondroma, 183
- endoscopy, carpal tunnel decompression, 50
- enteropathic arthritis, 158, 161
- epidemiology, 7–9
 - fractures, 8
 - osteoporosis, 7, 141
 - trauma, 8
- equilibrium (mechanical), 195
- Erb's palsy, 105, **106**
- erysipelas, **171**
- erythrocyte sedimentation rate, **21**
- etanercept, **158**
- ETC (early total care), 23–24
- Ethibond sutures, **204**
- Ethilon sutures, **204**
- Ewing sarcoma, 182–183
- examination (physical), 3, **3**
 - back pain, 133
 - brachial plexus, **191**
 - cancer, **20**
 - hallux valgus, 85
 - hand and wrist, 47–49
 - hip, 67, 69
 - knee, 78, **81**
 - nerve injuries, 189–190, **191**
 - osteoarthritis, 150
 - shoulder, 37–39
 - spine, 98
 - trauma, 104
- excision arthroplasty, 152, 169
- excisional biopsy, **20**
- exercises, hip arthroplasty, **147**
- explantation, 152
- extensor mechanism of knee, 75, 77
 - rupture, 82
- extensor pollicis brevis, De Quervain's tenosynovitis, 52
- external fixation
 - open fractures, 35
 - pelvic fractures, 63
- external iliac arteries, 64, 65
- external rotation, shoulder, 39, 41
- extra-articular manifestations, rheumatoid arthritis, **157**
- extracapsular hip fractures, 68–70, 175, 200
- F-wave studies, 19
- facet joint arthropathy, 100
- failure rates, arthroplasty, 8
- fallen leaf sign, 183–184
- falls
 - prevention, 141
 - risk assessment, **142**
- fascicles, nerves, 187
- fasciectomy, Dupuytren's disease, 53
- fasciotomy, 35, **122**, **132**
- FAST (focused assessment with sonography for trauma), 28
- fat-pads, supracondylar fractures of humerus, 126
- Felty's syndrome, **157**
- femoroacetabular impingement, 74
- femur, *see also* neck of femur
 - avascular necrosis, 146
 - fractures, *see also* fractures *under* hip
 - haemorrhage, 32, 143
 - healing times, **27**
 - shallow trochlea, **83**
- fibreglass casts, **206**
- Fibrewire sutures, **204**
- fibromatosis, 185
- fibrosarcoma, 185
- fibrous dysplasia, 184
- fight-bites, **171**
 - flexor sheath tenosynovitis, **55**
- fingers
 - Dupuytren's disease, 52–53, 185
- examination, 48–49
- injuries, 56
- ligaments, 56–57
- osteoarthritis, 53
- rheumatoid arthritis, **156**
- spondyloarthropathies, 158
- tendon compression syndromes, 51–53
- finger tip injuries, 56
- Finkelstein's test, 52
- first carpometacarpal joint, 54
- first tarsometatarsal joint, hallux valgus, 85
- fixation of fractures, 4–5, 26, 27
 - hip, 69
 - pelvis, 64
 - weight-bearing, 205
 - wrist, 27, 31
- flap tears, menisci, **120**
- flat foot, acquired adult, 90–91
- flexor digitorum profundus, testing, **50**
- flexor digitorum superficialis, testing, **50**
- flexor retinaculum, 49
- flexor sheath tenosynovitis, 55–56
- fluorodeoxyglucose, **17**
- focused assessment with sonography for trauma (FAST), 28
- foot, 85–94
 - anatomy, 86
 - arthritis, 91
 - nerve supply, 97
 - paediatrics, 115
- foot drop, **192**
- forces, 195
- fractures, *see also specific bones and sites*
 - cerebral palsy, 108
 - classifications (eponymous), 3
 - complications, 5, 143
 - definitions of terms, 1
 - deforming forces, 197
 - displacements, 3, 4
 - epidemiology, 8

- fractures (*cont'd*)
 osteoporosis, 7, 141
 fixation *see* fixation of fractures
 healing, 24, 25
 times, 27
 immobilisation devices, **206**
 management, 25–27, 29–36
 pathology, 24
 radiography, 3–4
 reduction, 5, 26, 27, 199
 elbow, 127
 subtrochanteric, 197
 risk factors, **142**
 shoulder dislocations, 123
 terminology, 24–25
 union, 145–146, 167
- fragility fractures, 141–142, 173, 174
 epidemiology, 8
 FRAX tool, 175
 free body diagrams, 195–197
 Froment's test, 51
 frozen shoulder, 41
 Frykman classification, 30–31
 fulcrum, 195
 functional classification, cerebral palsy, 108
 Futura splint, **206**
- gait
 abnormalities, 3, 197
 hip pain, 69
 Galeazzi sign, 111
 gallium-67, 17
 ganglions, 55
 Garden classification, 5, 72
 Gartland classification, 126
 gas gangrene, **171**
 gastrointestinal tract, diseases with arthritis, **161**
 gender differences, epidemiology, 8
 genetic risk, osteoarthritis, 149
 genu valgum/varum, 113
 giant cell tumour of bone, 184
 Girdlestone procedure, 152, 153, 169
 giving way, knee, 119
 glenohumeral joint
 dislocations, 123–124
 frozen shoulder, 41
 osteoarthritis, 42–43
 glia, 187
 golden hour, 23
 golfer's elbow, 43, 44
 golimumab, **158**
 gout, 179
 hand, 53
 urate values, **21**
 grafts, anterior cruciate ligament, 80–81
 Gram staining, 20
 greenstick fractures, 25, 105
 gross motor and functional classification system
 (GMFCS), cerebral palsy, 108
 growth disturbance, paediatric fractures, 105, 106
 Gustilo-Anderson classification, 5, 34
- haemangiomas, Maffucci's syndrome, 183
 haematoma block, 31
 haematuria, 63
 haemoglobin, values, **21**
 haemorrhage
- aneurysmal bone cyst, 184
 fractures, 143
 femur, 32, 143
 pelvis, 32, 59, 62
 Haglund's bump, 89, 92
 hallux rigidus, 85, 87
 hallux valgus, 85–87
 hammer toe, 89
 hand, 47–58
 fractures, 57
 nerve compression syndromes, 49–51
 patient positioning for surgery, 199
 pink pulseless, 126, 190
 tendon compression syndromes, 51–52
 healing of fractures, 24, 25
 times, 27
 heat, cement setting, 201
 Heberden's nodes, 53
 heel spur, 89
 hemiarthroplasty
 hip implant, 201
 shoulder, 201
 heritability, osteoarthritis, 149
 heterotopic ossification, 146
 acetabular fractures, 66
 high-energy fractures, pelvis, 59
 Hill-Sachs defect, 123, 124
 hindfoot nail, 93
 hinge knee brace, **206**
 hip, 67–74
 anatomy, 67, 68
 arthroplasty, 70, 72, 73, 201
 dislocated, 118
 implants, 199–200
 precautions, **147**
 surgical approaches, 139
 avascular necrosis, 73, 111, 117, 146
 biomechanics, 196–197
 children, 110–113
 septic arthritis, **129**
 dislocations, 117–118, 147
 fractures, 32, 68–70, 141–147, 175–176
 deforming forces, 197
 epidemiology, 8
 reduction, 199
 osteoarthritis, 70–73, 117
 spica, 112
 surgical approaches, 139
 histology, 20
 history-taking, 1–2, 3
 back pain, 133
 cancer, **20**
 hand and wrist, 47, **48**
 hip, 67
 knee, 77, **78**
 nerve injuries, 189
 osteoarthritis, 150
 shoulder trauma, 37
 spondyloarthropathies, 159
 HLA B27 gene, 158
 Hoffmann-Tinel sign *see* Tinel's test
 Hoffmann's reflex studies, 19
 holding, fractures, 26
 Holstein-Lewis fracture, 30
 hormones, osteoarthritis, 7–8
 Hueston's table top test, 52
 humeral brace, **206**
- humerus
 anatomy, 37, 38
 fractures, 29–30
 healing times, 27
 nerve injuries, **192**
 proximal, 42
 supracondylar, 125–127
 shoulder trauma, 37
 hydrodilatation, frozen shoulder, 41
 hydroxychloroquine, **158**
 hyperparathyroidism, renal osteodystrophy, 179
 hypogonadism, osteoporosis, **174**
 hypothenar muscles, 50
 hysteresis, 198
- iliac oblique view, pelvis, 65
 ilioischial line, 60, 61
 iliopectineal line, 60, 61
 Ilizarov frame, 35
 imaging, 11–18, *see also* nuclear medicine;
 radiography; ultrasound
 acetabulum, 65
 hip fractures, 68–69
 osteoarthritis, 150
 pelvic fractures, 59–61
 spinal trauma, 103–104
 spondyloarthropathies, 159
 trauma, 27–28
 tumours, 181
 immobilisation devices, **206**
 immunosuppressants, 158
 impacted fractures, 25
 implants, 6, 199–203, *see also* arthroplasty; peri-
 prosthetic fractures; prostheses
 nerve conduction studies and, 19
 incisional biopsy, **20**
 indium-111, 17
 infections, 163–171, *see also* septic arthritis
 blood tests, **21**, 164
 flexor sheath tenosynovitis, 55–56
 microbiology, 19–20
 olecranon bursitis, 44
 postoperative, 144
 prepatellar bursitis, 83
 prevention, **170**
 reactive arthritis, 160–161
 spine, 102–103, 103
 in theatres, reduction, **200**
 inflammation, 163
 blood tests, **21**
 inflammatory bowel disease
 arthritis, 158, 161
 spondylitis, 158, **159**
 injections
 Clostridium histolyticum collagenase, 53
 joints, 135–138
 steroids
 carpal tunnel syndrome, 50
 techniques, 135, 136
 inlet view, pelvis, 59
 innominate bones, pelvis, 59
 instability
 first tarsometatarsal joint, 85
 patella, 82–83
 pelvis, 61, 64
 shoulder, 41–42
 spinal fractures, 104

- inter-metatarsal angle, 87
 intertrochanteric hip fractures, 68–70
 intra-articular fractures
 ankle, 93
 calcaneum, 94
 elbow, 30
 hand, 57
 intracapsular fractures, neck of femur, 70, 71, 72, 175, 199–200
 intramedullary nails, 201
 hip fractures, 69, 71
 involucrum, 164
 isotope scanning *see* nuclear medicine
 isotropic materials, 197, 198
- J sign, patella, 83
 Jobe's test, 41
 Johnson and Strom's classification, Myerson's modification, **91**
 joint reaction forces, 195, 196
 joints
 dislocations, 25
 fractures involving, 25, *see also* intra-articular fractures
 injections and aspiration, 135–138
 postoperative stiffness, 145
 Judet-Letournel classification, 66
 Judet views, 65
- K-wires, 204, 205
 Kanel's signs, 55
 Kaplan's cardinal line, 140
 kinematics, 195
 kinetics, 195
 Kirschner wires, 204, 205
 Klumpke's palsy, 105, 106
 knee, 75–84, *see also* extensor mechanism of
 knee; menisci; patella
 anatomy, 75–77
 arthroscopy, 121, 139
 aspiration and injections, 136, 138
 dislocations, 32–33, **81**, 119, 121–122
 fractures, 32–33
 hinge brace, **206**
 implants, 200, 202
 locking, 119–121
 nonmechanical, 121
 nerve injuries, **192**
 osteoarthritis, 7, 77–79
 varus deformity, 149
 osteotomy, 152, 153
 paediatrics, 113
 referred pain, 112
 surgical approaches, 139
 knock-knees, 113
 Kocher's criteria
 septic arthritis, **129**
 transient synovitis, 113
 Kocher's method, shoulder relocation, 123
 kyphosis, 102
- labral tear, 74
 Lachman's test, **81**
 lactate, postoperative, 143
 laminar flow theatres, 199
 laminectomy, 98
 lateral epicondylitis *see* tennis elbow
- Lauge-Hansen classification, 92
 Ledderhose's disease, 185
 leflunomide, **158**
 leg
 length, 69
 nerve supply, 97
 Legg-Calvé-Perthes disease, 111
 levers, 195
 lifestyle changes, osteoporosis, 176
 lift-off test, 41
 ligaments
 fingers, 56–57
 hip, 67
 knee, 75, **76**
 sports injuries, **81**
 pelvis, 60
 light bulb sign, 124
 light touch, hand, 47–48
 lipoma, 185
 malignant transformation, 181
 liposarcoma, 185
 listhesis, 100, 101, 102
 LOAF muscles, **49**
 local anaesthetics
 carpal tunnel decompression, 139
 haematoma block, 31
 locking of knee, 119–121
 nonmechanical, 121
 locking screws, 203, 204
 long thoracic nerve, injuries, 190
 loose bodies
 elbow, 44
 knee, 120
 low-energy fractures, pelvis, 59
 low mechanical back pain, 102
 lower limb
 length, 69
 nerve supply, 97
 lumbago, 102
 lumbar vertebrae, anatomy, 96
 Lyon Schuss view, 79
- Maffucci's syndrome, 183
 magnetic resonance imaging, 14–15
 Achilles tendon, 92
 Brodie's abscess, 166
 cauda equina, 100
 knee locking, 121
 osteoarthritis, 150
 osteomyelitis, 165
 patella/quadriceps tendinitis, 84
 shoulder, 40
 slipped disc, 99
 spinal cord, 101
 spine
 osteomyelitis, 103
 stenosis, 100
 malabsorption, osteoporosis, **174**
 malignant disease *see* tumours
 malleoli, fractures involving, 34
 mallet fingers, 56
 mallet toe, 89
 malunion, 145–146
 margins, tumour resection, 185–186
 materials, 197–198
 Mazabraud's disease, 184
 mechanics, 195–198
- medial epicondylitis, 43, 44
 medial femoral circumflex artery, 67
 medial parapatellar approach, 139
 medial patellofemoral ligament rupture, **83**
 median nerve, 49, 125
 injuries, **192**
 relation to Kaplan's cardinal line, 140
 meningocoele, 108
 menisci, 75, 76
 indications for surgery, **81**
 tears, 79–80, **81**, 119–120, 121
 vascular zones, **121**
 metabolic bone diseases, 173–179
 children, 108–109
 metacarpophalangeal joints, rheumatoid arthritis, 55
 metalwork, 199–205
 complications, 144, 147
 metaphysis, osteomyelitis, 163
 metastases, 181
 to spine, 102
 metatarsalgia, 87, 88, *see also* transfer metatarsalgia
 metatarsals, osteotomy, 85–87
 metatarsophalangeal joints, rheumatoid arthritis, 156
 metatarsus adductus, 115
 methotrexate, **158**
 microbiology, 19–20
 Might Try Something Professional (mnemonic), 189
 million-dollar nerve, 50
 mobilisation, 5
 mobility aids, 205
 modified Schober test, 159–160
 moment arm, 195
 monoclonal antibodies, osteoporosis, 177
 monocryl sutures, **204**
 mortality
 hip fractures, 68–70
 trauma, 23
 Morton's extension, 87
 Morton's neuroma, 88–89
 motor nerves, conduction studies, 18–19
 Mulder click, 88, 89
 multifragmentary fractures, 24, 25
 multiple hereditary exostoses, 182
 multiple myeloma, 184
 muscle function, nerve injuries, 189
 musculoskeletal disorders, epidemiology, 7–9
 myelin, 187
 myelomeningocoele, 108
 Myerson's modification, Johnson and Strom's classification, **91**
 myositis ossificans *see* heterotopic ossification
 myotomes, 95, **98**
 myxoid liposarcoma, 185
 myxoma, Mazabraud's disease, 184
- nail bed injuries, 56
 nails, psoriatic arthritis, 159
 National Hip Fracture Database, 141
 National Institute for Health and Clinical Excellence guidelines, referrals for tumours, **182**
 National Osteoporosis Guidelines Group, on hip fractures, 175–176

- neck of femur, *see also* slipped capital femoral epiphysis
 fractures, 32, 175, *see also* hip, fractures
 implants, 199–200
 intracapsular, 70, 71, 72, 175, 199–200
- necrotising fasciitis, **171**
- needle aspiration biopsy, **20**
- Neer classification, **4**, 42
- neonates
 fractures, 105
 osteomyelitis, 163
 septic arthritis, 128
- neoplasms *see* tumours
- nerve compression, Paget's disease, 179
- nerve compression syndromes, hand and wrist, 49–51
- nerve conduction studies, 18–19, 190
- nerve injuries, 143, 187–193
- nerve supply, 97
 knee, 77
- nervous system, 187
- neurapraxia, 188–189
- neurofibroma, 185
- neurogenic claudication, 99
- neurogenic shock, 103
- neurology, hand, 47–51
- neurolysis, 190
- neuroma, Morton's, 88–89
- neurones, 187, 188
- neurotmesis, 188
- neurovascular status, fractures, 25, 125–126
- Newton (unit), 195
- Newton's laws of motion, 195
- NICE guidelines, referrals for tumours, **182**
- nodules, Dupuytren's disease, 53
- non-steroidal anti-inflammatory drugs, 162, 179
 rheumatoid arthritis, 157
- nonabsorbable sutures, **204**
- nonaccidental injury (NAI), 106–107
- noncemented implants, 201
- nondegenerative lesions, peripheral nerves, 188–189
- nonlocking screws, 203
- nonunion, 145–146, 167
- nuclear medicine, 16–18
 infected prostheses, 168
 radiation doses, **13**
- nucleus pulposus, herniation, 95–98, 133
- nylon sutures, **204**
- obesity, osteoarthritis, 7, 149
- oblique fractures, 25
- obturator arteries, 59, 64, 65
- obturator oblique view, pelvis, 61, 65
- O'Donahue's triad, 75, 77
- oedema, MRI, 15
- olecranon bursitis, 43–44
- Ollier's disease, 183
- open fractures, 25, 34–35
 defined, 1
 fingers, 56
 pelvis, 63
- open reduction, fractures, 27
- operating tables, 199, 200
- operating theatres, 199, **200**
- operative management, fractures, 26–27
- Ortolani's test, 110, 111
- Osgood-Schlatter disease, 83, 113
- osteoarthritis, 7–8, 149–154
 glenohumeral joint, 42–43
 hand, 53–54
 hip, 70–73, 117
 knee, 7, 77–79
 varus deformity, 149
- nuclear medicine, 17
- posttraumatic, 54, 117
- synovial fluid, **21**
- osteoblastoma, 182
- osteochondral fragments, knee, 120
- osteochondritis dissecans (OCD), **16**, 120
- osteochondroma, 182
- osteochondromatosis, synovial, knee, 120
- osteogenesis imperfecta, 109–110
- osteogenic sarcoma, 182
 Paget's disease, 179
- osteoid osteoma, 182, 183
- osteomyelitis, 163–167
 spine, 103
- osteopenia, 141
- osteophytes
 ankle arthritis, 91
 hallux rigidus, 87
- osteoporosis, 141–142, 173–177, *see also* fragility fractures
 epidemiology, 7
 vertebral body fractures, 34
- osteosarcoma *see* osteogenic sarcoma
- osteotomy, 152, 153
 metatarsals, 85–87
- Ottawa ankle rules, **34**
- outlet view, pelvis, 59
- paediatrics, 105–115
 fractures, 27, 105–107
 healing times, 27
 osteomyelitis, 163, 164
 septic arthritis, 128, **129**
- Paget's disease, 178–179
- pain, *see also* back pain; complex regional pain syndrome
 foot and ankle, 85, **86**, 87, 88, 89
 fractures, 25–26
 hallux valgus, 87
 hand and wrist, **48**
 hip, 67, 73
 gait, 69
 osteoarthritis, 70–71
 history-taking, **3**
 knee, 77, **78**, 121
 anterior, 82–83
 referred, 112
 metatarsalgia, 88
 osteoarthritis, 150, 151
 osteoid osteoma, 182
 plantar fasciitis, 89
 shoulder, 37
- painful arc, shoulder, 40
- palmar fascia, Dupuytren's disease, 52–53
- parathyroid hormone, recombinant human, 177
- paronychia, **171**
- parrot beak tear, menisci, 120
- pars intra-articularis, defect, 101
- partially threaded cancellous screws, 205
- patella
 chondropathy, 83
 dislocations, 32, 120
 fractures, 82
 splints, **206**
 instability, 82–83
 resurfacing, 200
- patella/quadriceps tendinitis, 83
 magnetic resonance imaging, 84
- patellar tendon injuries, 82
- patellofemoral joint, 75–77
 replacement, 80
 skyline view, 79
- patient positioning, 199
- Pavlik harness, 111
- PDS sutures, **204**
- peak bone mass, 173
- PEAR (mnemonic), 158
- pelvis
 anatomy, 59, 60
 fractures, 32, 59–66, 174
 indications for surgery, 64
- pencil in cup deformity, 161
- penetrating injuries, flexor sheath
 tenosynovitis, 55
- per-rectum examination, spinal trauma, 103
- per-trochanteric hip fractures, 68
- peri-prosthetic fractures, 35
- perilunate dislocation, nerve injuries, **192**
- peripheral nerve injuries, 143, 187–193
- Perthes disease, 111
- PET (positron emission tomography), 17–18
- phalanges, crush fractures, 56
- Phalen's test, **51**
- PHILOS plate, 43
- phosphate, values, **21**
- physiological classification, cerebral palsy, 108
- pilon fracture, ankle, 93
- pincer lesion, femoroacetabular impingement, 74
- pink pulseless hand, 126, 190
- pivot shift test, **81**
- plantar digital nerves, Morton's neuroma, 88
- plantar fasciitis, 89–90
- plantar fibrosis, 185
- plaster casts, **206**
- plastic deformation, 198
- plateau fracture, tibia, 33
- plates, 202–203
- poliomyelitis, 170
- polygons, vectors, 196
- polymers, **203**
- polymethyl methacrylate, 201
- polytrauma, 23
 computed tomography, 27–28
 pregnancy, 27
 radiography, 27
- Ponseti method, 115
- Popeye sign, 37, 39
- POSI splint, 57
- positron emission tomography, 17–18
- post-polio syndrome, 170
- postoperative complications
 hip fractures, 142–147
 surgical site infections, **171**
- postoperative weight-bearing, 205
- posttraumatic osteoarthritis
 hand and wrist, 54
 hip dislocation, 117

- Pott's disease, 102, 170
 pregnancy, trauma, 27
 prepatellar bursitis, 83
 pressure sores, 144
 primary survey *see* advanced trauma life support
 profunda femoris artery, 67
 prostheses, 5, 199–201, *see also* arthroplasty;
 peri-prosthetic fractures
 complications, 147
 infections, 167–170
 proximal interphalangeal joints
 rheumatoid arthritis, 55
 trauma, 56, 57
 pseudogout, 179
 psoriatic arthritis, 158, 161
 elbow, 44
 hand, 53
 pubic symphysis, 59
 diastasis, 64
 pudendal arteries, 59
 pulmonary embolism, 144–145
- quadriceps, 77
 rupture, 82
- Rs, rules of, 25
 rachitic rosary, 109
 radial nerve, 30, 49, 125, 192
 radiation doses, 13
 radiculopathy, 96
 radiography, 3, 11–14
 acetabulum, 61, 65
 hallux valgus, 87
 hip
 fractures, 68–70, 69
 osteoarthritis, 73
 knee, 78
 morbidity potential, 11–12, 13
 Osgood-Schlatter disease, 113
 osteoarthritis, 150
 osteomyelitis, 164
 pelvic fractures, 59–61
 shoulder, 40
 dislocations, 124
 spondyloarthropathies, 159
 trauma, 27–28
 tumours, 181
 radionuclide scintigraphy *see* nuclear medicine
 radiotherapy, 186
 radius and ulna, fractures, 30–31
 healing times, 27
 stabilisation, 26
 raloxifene, 176–177
 reactive arthritis, 158, 160–161
 hand, 53
 Real Teachers Drink Cold Beer (mnemonic),
 brachial plexus, 190
 recombinant human parathyroid hormone, 177
 recurrent dislocation, hip, incidence, 117
 reduction
 fractures, 5, 26, 27, 199
 elbow, 127
 subtrochanteric, 197
 hip
 developmental dysplasia, 111
 dislocation, 117
 shoulder dislocations, 123, 124
 reflex studies, Hoffmann's, 19
 reflexes, limbs, 98
 regeneration stagger, 188
 regimental patch, 29
 rehabilitation, fractures, 27
 Reiter's syndrome, 160
 relative stability, 26
 renal osteodystrophy, 179
 resection margins, tumours, 185–186
 resultant vector, 196
 retinacular vessels, hip, 67
 reverse Bennett's fracture dislocation, 57
 reverse polarity total shoulder replacement,
 43, 202
 revision surgery, defined, 1
 rheumatoid arthritis, 155–158
 classification criteria, 158
 elbow, 44
 hand, 53, 54–55, 156
 hip, 73
 osteoporosis, 174
 rheumatoid factors, 21, 156
 rhinoceros horn osteophyte, 87
 rickets, 108–109
 risendronate, 176
 rituximab, 158
 Rolando fracture, 57
 rotation (displacement), 4, 24–25
 rotator cuff, 37
 tear, 39, 41
 Rugger Jersey finger, 56
 rules of 11, 31
- sabre tibia, 178
 sacral arcuate lines, 60
 sacroiliitis, 159, 161
 sagittal plane, 12
 Salter Harris classification, 5, 105, 107, 107
 sarcoma, 181, 182
 Sarmiento cast, 33
 scaphoid fractures, 58, 146
 Schatzker classification, 5, 33
 Schober test, modified, 159–160
 Schuss/Rosenberg view, 78, 79
 Schwann cells, 187
 degenerative lesions, 188
 schwannoma, 185
 sciatic nerve, 98
 hip dislocation and, 117
 sciatica, 98–99
 scintigraphy *see* nuclear medicine
 scoliosis, 102
 screw home mechanism, knee, 75
 screws, 203–205
 dynamic hip screws, 69, 71, 201
 secondary survey, 23
 Seddon classification, 188
 seesaw example, mechanics, 196
 selective oestrogen receptor modulators,
 176–177
 sensory nerves
 conduction studies, 18, 19
 hand, examination, 47–48
 sepsis, synovial fluid, 21
 septic arthritis, 128–130, 160
 elbow, 44
 hip, 113
 sequestra, 164, 167
 sergeants badge area, 29
 seronegative spondyloarthropathies, 155,
 158–162
 serratus anterior, nerve injuries, 190
 sesamoids, foot, pain, 85
 shallow femoral trochlea, 83
 Shenton's line, 60, 69
 shock, neurogenic, 103
 shoulder, 37–43
 algorithm, 45
 anatomy, 38
 arthroscopy, 138
 dislocations, 29, 41–42, 123–124
 nerve injuries, 192
 implants, 201, 202
 surgery, beach chair position, 200
 shoulder dystocia, 105
 Simmond's test, 92
 simple fractures, 24
 simulations, 5, 6
 single leg heel rise test, 90
 single-photon emission computed tomography,
 17, 18
 skeleton
 anatomy, 2
 nuclear medicine, 17
 skier's thumb, 56–57
 skin sensation
 axillary nerve, 29
 hand, 47–48
 skyline view, patellofemoral joint, 79
 slipped capital femoral epiphysis, 112, 113
 slipped disc, 95–98, 99
 Smith's fracture, 31
 smoking
 effective radiation doses, 13
 osteoporosis, 174
 SOCRATES (mnemonic), 4
 soft tissues
 infections, 171
 injury
 elbow fractures, 126
 with fractures, 24, 27
 open fractures, 34–35
 rebalancing, cerebral palsy, 108
 tumours, 181, 184–186
 Sourcil angle, 69
 spacers, infected prostheses, 169
 spasticity, cerebral palsy, 108
 spatial resolution, 12
 SPECT (single-photon emission computed
 tomography), 17, 18
 spica, hip, 112
 spin-lattice relaxation time (T1), MRI, 15
 spin-spin relaxation time (T2), MRI, 15
 spina bifida, 108, 109
 spinal cord, 95
 magnetic resonance imaging, 101
 trauma, 103–104
 spine, 95–104
 achondroplasia, 110
 anatomy, 95, 96, 98
 deformities, 102
 fractures, 34, 104
 osteoporosis, 175
 infections, 102–103, 103

- spine (*cont'd*)
 multiple myeloma, 184
 stenosis, 99, 100
 trauma, 103–104
 spiral fractures, 25
 splints, **206**
 POSI splint, 57
 spondyloarthropathies, 155, 158–162
 spondylolisthesis, 100–102, 101
 spondylolysis, 100–102
 spondylosis, 100–102, 101
 sports injuries
 knee, 80, **81**, 119
 patella/quadriceps tendinitis, 83, 84
 stabilisation of fractures, 5, 26
 elbow, 127
 spine, 104
 stability
 absolute vs relative, 26
 knee, 75
 stable fractures, defined, 1
 staging, bone tumours, 181
 stainless steel, **203**
 staples, **204**
 startup pain, plantar fasciitis, 89
 statics, 195
 steel, **203**
 stenosing tenosynovitis, 51
 stenosis, spine, 99, 100
 steroids
 injections
 carpal tunnel syndrome, 50
 techniques, 135, 136
 osteoporosis, **174**
 rheumatoid arthritis, 157
 stiffness
 osteoarthritis, 150
 postoperative, 145
 shoulder, 37
 STIR (short T1 inversion recovery), MRI, 15
 strain, 197, 198
 stress, 197, 198
 stress fractures, 35
 stress relaxation, 198
 stress–strain curves, 197–198
 strontium ranelate, 177
 student's elbow, 44
 subacromial bursa
 inflammation, 40
 injections, 135, 136
 subacromial impingement, 40
 subacute osteomyelitis, 165
 subclavius, 190
 subscapularis, 37
 subtalar joint, fusion, 93, 94
 subtrochanteric fractures, 32, 68, 70, 197
 subungual haematoma, 56
 sulfasalazine, **158**
 Sunderland classification, **188**
 superior gluteal arteries, 59
 suppurative tenosynovitis, **171**
 supracondylar fractures, distal humerus, 125–127
 nerve injuries, **192**
 suprascapular nerve, injuries, 190
 supraspinatus
 tendinitis, 40
 tendon tear, 40
 surgical site infections, **171**
 sutures, **204**, 205
 swan neck deformity, 156
 synovial fluid, **21**
 gout, 179
 septic arthritis, 128
 synovial osteochondromatosis, knee, 120
 systemic lupus erythematosus, hip, 73
 T-scores, DXA, **176**
 T1, magnetic resonance imaging, 15
 T2, magnetic resonance imaging, 15
 table top test (Hueston's), 52
 talar shift, 92–93
 talipes equinovarus, congenital, 115
 talo-navicular joint, subluxation, 90–91
 talus, fractures involving, 34
 targets, fractures of femoral neck, **72**
 teardrop, acetabulum, 61
 technetium-99m, **17**
 tendinitis
 Achilles tendon, 92
 calcific, 40–41
 patella/quadriceps, 83, 84
 supraspinatus, 40
 tendon compression syndromes, hand and wrist, 51–53
 tendon transfer, rotator cuff, 41
 tennis elbow, 43, 44
 injections, 135, 137
 teriparatide, 177
 tetanus, **171**
 theatres, operating, 199, **200**
 thenar muscles, 50
 atrophy, 51
 Thomas's test, **69**, 73
 three-column theory (Denis), 104, 104
 3D printing, 5
 3D reconstruction, CT, trauma, 28
 thromboembolism, 144–145
 thumb
 carpal tunnel syndrome, **51**
 movements, 48
 osteoarthritis, 54
 skier's, 56–57
 tendon compression syndromes, 52
 tibia and fibula
 fractures, 3, 33–34
 healing times, **27**
 osteotomy, 152, 153
 Paget's disease, 178
 tibial tubercle malposition, **83**
 tibialis posterior, tendon dysfunction, 90, **91**
 tibiofemoral joint, 75
 dislocations, **81**
 Tile classification, 5, 61
 Tinell's test, 45, **51**, 185, 188
 tissue adhesive (Dermabond), **204**
 titanium alloys, **203**
 toddler's fracture, 105
 toes, deformities, 89
 Tonnis, angle of, 69
 too many toes test, 90
 tophi, 179
 torque, 195
 total replacement
 hip, 73, 201
 knee, 78, 79, 200
 shoulder, 43, 202
 touch sense, hand, 47–48
 tourniquet machines, 199
 tracers, nuclear medicine, 17
 traction tables, 199, 200
 training, 5
 transfer metatarsalgia, 85
 transient synovitis, 113
 translation (displacement), 4, 4
 transverse carpal ligament, 140
 transverse fractures, 25
 trapeziectomy, 54
 trapezio-metacarpal joint, 54
 trauma, 23–28
 hand, 55, 56–57
 knee, 119–120
 nerve injuries, 190
 osteoarthritis after, 8, 117, 149
 pelvis, 63
 shoulder, 37
 spine, 103–104
 Trendelenburg gait, 69, 197
 Trendelenburg sign, **69**, 73
 Trethowan's sign, 113
 trident hands, 110
 trigger finger/thumb, 51–52
 trimalleolar fracture, 34
 triple fusion, flat foot, 91
 trochanteric bursitis, 73, 74
 trochlea, shallow femoral, **83**
 Tscherne classification, 5
 tuberculosis, 170
 spine, 102, 170
 tuft fractures, fingers, 56
 tumour necrosis factor- α inhibitors, rheumatoid arthritis, **158**
 tumours, 181–186
 biopsies, 11, 20
 spine, 102
 two-column theory, acetabulum, 64
 ulcers (pressure sores), 144
 ulnar clawing, 51
 ulnar nerve, 49
 cubital tunnel syndrome, 44–45, 51
 elbow fractures, 30, 125
 injuries, **192**
 paradox, 51
 ultra-high molecular weight polyethylene, **203**
 ultrasound, 16
 Achilles tendon, 92
 focused assessment with sonography for trauma, 28
 shoulder, 40
 thromboembolism, 145
 unhappy triad, 75, 77
 unicameral/aneurysmal bone cyst, 183–184
 unicompartamental knee replacement, 78–79, 80
 upper limbs, nerve supply, 97
 uric acid
 gout, 179
 values, **21**
 urological trauma, 63
 uveitis *see* anterior uveitis

- vacuum-assisted closure, 205
- valgus, 3
- Vancouver classification, 35
- varus, 4
- varus deformity, knee, osteoarthritis, 149
- vascular claudication, 99
- vascular function
 - elbow fractures, 126
 - hand and wrist, 47
 - hip, 67
 - knee dislocations, 33
 - nerve injuries, 190
- vector addition, 195–196
- vectors (mechanical), 195–196
- vertebrae
 - anatomy, 95, 96
 - fractures, 34, 175
- vertical centre edge angle, hip, 69
- vicryl sutures, **204**
- viscoelasticity, 198
- vitamin D, **21**
 - osteoporosis, **174**, 176, 177
- Volkman contracture, 145
- waiter's tip posture, 106
- walking frames, **205**
- walking sticks, **205**
- Wallerian degeneration, 188, 190
- wear-and-tear osteoarthritis, 7
- Weber classification, 5, 92, **93**
- wedge fractures, vertebrae, 175
- weight-bearing
 - fractures, 27
 - osteoarthritis, 7
 - postoperative, 205
- white cell counts, **21**
- Wiberg's angle, hip, 69
- windlass test, 89
- wiring, elbow fractures, 127
- World Health Organisation, epidemiology, 7
- wound management, 205
- wrist
 - anatomy, 137
 - fractures, 30–31, 58
 - fixation, 27, 31
 - splints, **206**
 - joint aspiration, 136
 - perilunate dislocation, nerve injuries, **192**
 - surgery, patient positioning, 199
- Young's modulus, 198
- Z-scores, DXA, **176**
- zolendronic acid, 176