Orthopaedics

Recommended books

1- Apley's Concise System of Orthopaedics and Fractures
2- Adams's Outline of Orthopaedics
3- Adams's Outline of Fractures: Including Joint Injuries

Guidelines to Orthopaedic and Trauma Seminars- 4th year
Medical Student

1. General Principles of Fractures and Fractures Healing

Healing Process of fracture
a. Primary healing

b. Secondary healing with Callus Formation, its process and its histological changes process and bone remodelling

Factors affecting fracture healing.

2. Management of Fracture

• Conservative
  ▪ Operative
  ▪ Common fractures management

3. Complication of fractures

• In children- eg malgrowth, Volkman contracture
• In adults eg mal union, non union, OA
• Infection / osteomylitis

4. Hand Disorders

• Carpal Tunnel Syndrome, Acquired; tendinitis, tenosynovitis, infection,
• Contractures, Trigger finger, Finger tip injuries,
• Special common fractures; eg, Colles, scaphoid, Mallet

5. Peripheral Nerve Injuries

• Classification and pathology
• Upper limb- Brachial Plexus Injuries, Erbs Palsy, median nerve injuries, Unlnar Nerve injuries, Radial Nerve injuries, Digital nerves.

6. **Paediatric Hip a. DDH; epidemiology and management**
   - Acetabular Dysplasia
   - CUFE
   - Perthes Disease
   - Neuromuscular hip- Cerebral Palsy.

7. **Specific Paediatric Orthopaedic Conditions.**
   - Paediatric Foot. Congenital Talabis- club foot, Vertical tallus,
     - Paediatric Spine; Scoliosis Deformity Types, Kyphosis, Infection of spine
     - Specific Paediatric fractures; Supracondylar fracture, Growth plate Fractures.

8. **Osteoarthritis**
   - Natural History and causes in synovial joints and other type of joints
   - Manifestation and Symptoms. X ray features
   - Management conservative and operative Large joints and small joints; Arthrodesis and arthroplasty.

9. **Disorders of the Knee and its managements ; Deformities**
   - Ligaments injuries
   - Meniscal pathologies/ injuries and treatments
   - Patella conditions.

10. **Shoulder, elbow , Disorders and its managements.**
    - Specific fractures; shoulder, elbow. Supracondylar fracture in children
    - Instabilities of the shoulder. Bankart and Sach Hill Lesions
    - Tendinitis Types of rotator cuff and rotator cuff lesions.

11. **Adult Spinal Disorders**
    - Cervical Spondylitis and its manifestations
    - Lumbar disc Disease; pathology, manifestation and treatments
    - Degenerative deformities scoliosis/ Kyphosis/ Spondylolisthesis
- Development disorders; Spondylolysis and Spyloissthesis.
- Spinal Fractures; Diagnosis, X-ray features, classification, general management, Hangman fracture/ Jefferson, Traumatic thoraco-lumbar Fractures and Osteoporotic compression fractures.

12. Musculoskeletal Infections
causes and pathogenesis

infection of the Bone; acute and Chronic osteomyelitis,

others eg Brodie Cyst
Infection of the joints
TB infection.

13. Musculoskeletal Tumours;
- Benign Tumours; Features on X rays eg slipoma, Bone Dysplasia, Bone Cysts
- Malignant Tumours: Secondary –Origin, distribution, Manifestation and Managements principles.
- Primary Malignant tumours. Types age and body distributions.

14. Adult Hip and common foot conditions
- osteoarthritis of the hip, causes, manifestations, X ray features and treatments options.

- Fractures of the Hip types, classifications and Management.
- Soft tissue conditions around the hip eg Greater trochanteric bursitis, snapping tendons, femoral coetaneous nerve neuritis
- Toes conditions; Claude toes, Hammer toes, Hallux Valgus, Hallux Rigidus