Contents

CHAPTER PAGE

FRACTURES

1. GENERAL PRINCIPLES 1
2. FRACTURES IN CHILDHOOD 11
3. TREATMENT OF CLOSED AND OPEN OR COMPOUND FRACTURES 14
4. COMPLICATIONS OF FRACTURES 22
   - Crush syndrome 22
   - Fat embolism 23
   - Delayed union 25
   - Non-Union 26
   - Mal-Union 27
   - Avascular necrosis 28
   - Injury to major blood vessels 28
   - Injury to nerves 30
   - Myositis ossificans traumatica 33
   - Sudeck's Atrophy 34
   - Late joint complications 35
5. INJURIES AROUND SHOULDER 37
   - Fractures of clavicle 37
   - Dislocation of shoulder 40
   - Fracture neck of humerus 45
   - Fracture shaft of humerus 47
6. INJURIES AROUND ELBOW 50
   - Supracondylar fracture of humerus 50
   - Fracture of the medial epicondyle of humerus 57
   - Fracture of the olecranon 58
   - Dislocation of elbow 59
   - Fracture head of radius 62
   - Fracture neck of radius 64
7. INJURIES OF THE FOREARM AND WRIST 65
   - Monteggia fracture-dislocation 65
   - Galeazzi fracture-dislocation 67

CHAPTER PAGE

FRACTURES

   - Fracture of both bones of forearm 67
   - Colles' fracture 70
   - Barton's fracture 72
   - Scaphoid fracture 72
8. HAND INJURIES 77
   - Bennett's fracture-dislocation 77
   - Rolando's fracture 78
   - Metacarpal fractures 78
   - Mallet finger 79
9. FRACTURES OF THE PELVIS 84
10. INJURIES AROUND THE HIP 88
   - Dislocations of the hip 88
   - Fracture neck of the femur 93
11. FRACTURE SHAFT OF THE FEMUR 105
12. INJURIES AROUND THE KNEE 110
   - Supracondylar fracture of femur 110
   - Fractures of the patella 113
   - Dislocation of the knee 116
   - Fractures of the proximal tibia 117
   - Extensor mechanism lesions 118
   - Injuries of the ligaments of the knee 119
   - Injury to the meniscus of the knee 122
13. INJURIES OF THE LEG AND ANKLE 127
   - Fractures of tibia and fibula 127
   - Ankle fractures 131
14. INJURIES OF THE FOOT 136
   - Fractures of the calcaneum 136
   - Fracture of the talus 137
15. INJURIES OF THE SPINE 140
16. PERIPHERAL NERVE INJURIES 152
17. AMPUTATION 166

CHAPTER PAGE

ORTHOPAEDICS

1. INFECTIONS OF BONES AND JOINTS 179
- Acute pyogenic osteomyelitis 179
- Subacute osteomyelitis 183
- Chronic osteomyelitis 183
- Garre's osteomyelitis 186
- Acute suppurative arthritis 187
- Ankylosis 189

2. TUBERCULOSIS OF BONES AND JOINTS 191
- Tuberculosis of hip joint 195
- Tuberculosis of the knee joint 199
- Tuberculosis of the spine (Caries spine) 201

3. RHEUMATOID ARTHRITIS 209

4. OSTEOARTHRITIS OR OSTEOARTHROSIS 214

5. SOME IMPORTANT OPERATIONS OF ORTHOPAEDIC SURGERY 219

6. MUSCULOSKELETAL IMAGING 227

7. OSTEOCHONDRITIS 228

8. GENERALISED DISEASES OF BONE 231
- Osteogenesis imperfecta 231
- Multiple exostosis (diaphyseal aclasis) 231
- Marble bones (Osteopetrosis) 232
- Achondroplasia 232
- Mucopolysaccharide disorders 232
- Fibrous dysplasia or fibrocystic disease (Bone cysts) 235
- Paget's disease (Osteitis deformans) 236

9. NUTRITIONAL, METABOLIC AND ENDOCRINAL DISORDERS 240
- Osteoporosis 240
- Rickets 242
- Osteomalacia or adult rickets 243
- Hyperparathyroidism or Von-Recklinghausen's disease 244

10. TUMOURS OF THE BONES AND JOINTS 247
- Osteoma 247
- Osteoid osteoma 248
- Chondroma 249
- Osteochondroma 250
- Osteoclastoma or giant-cell tumour 250
- Aneurysmal bone cyst 252
- Osteosarcoma 253
- Chondrosarcoma 258
- Periosteal fibrosarcoma 259
- Ewing's sarcoma 259
- Reticulum cell sarcoma 261

CHAPTER PAGE

ORTHOPAEDICS

- Multiple myeloma 261
- Synovial sarcoma 263
- Metastatic bone tumours 264

REGIONAL ORTHOPAEDICS

11. DISEASES AROUND SHOULDER JOINT 268

12. DISEASES AROUND ELBOW JOINT 275

13. DISEASES OF THE WRIST, HAND AND FINGERS 277

14. DISEASES AROUND THE HIP JOINT 292
- Congenital dislocation of hip 292
- Perthes' disease 298
- Slipped epiphysis (Adolescent coxa vara) 301
- Irritable hip 304
- Coxa vara 304

15. DISEASES OF THE KNEE JOINT 305
- Meniscus lesions 305
- Chondromalacia patellae 308
- Knock knee (Genu Valgum) 308
- Genu Varum 309
- Loose bodies of the knee joint 309
- Bursitis of the knee 312

16. DISEASES AROUND ANKLE AND FOOT 315
- Congenital talipes equinovarus 315
- Talipes calcaneovalgus 319
- Flat Foot 319
- Painful heel 321
- Pes Cavus 322
- Hallux valgus 323
- Hallux rigidus 325
- Metatarsalgia 325
- Pain in the foot 328

17. DISEASES OF THE SPINE 331
- Spina bifida 331
- Torticollis 334
- Prolapse of intervertebral disc 335
- Spondylolisthesis 344
- Low back pain 346
- Tumours of the vertebral column 348
- Scoliosis 351
- Kyphosis 353
- Ankylosing spondylitis 354

18. ARTHROSCOPIC SURGERY 356

19. SPORTS MEDICINE 359

INDEX 363