Contents

Section 1: Basic Concepts of Physiotherapy in Orthopedics and Rheumatology

1. Introduction to Orthopedics and Rheumatology **3**
Megha Sandeep Sheth, Priya Singh Rangey, Shivani Siddharth Sheth, Srishti Sanat Sharma, Neeta Jayprakash Vyas

Physiology of Pain 4
Inflammation and Healing 6
Nontraumatology in Orthopedics 6
Traumatology in Orthopedics 7
Physiotherapy in Orthopedic and Rheumatological Conditions 8

2. Clinical Decision Making for Physiotherapy in Orthopedic Conditions **11**
Dinesh M Sorani, Sheshna Rathod

Clinical Decision Making 12
Clinical Reasoning 14
Models of Clinical Decision Making 15
Documentation 16
Clinical Prediction Rule 16
International Classification of Functioning, Disability and Health 18
Clinical Decision Making in Various Areas of Musculoskeletal Disorders 19

Section 2: Clinical Evaluation and Relevant Investigations: Physiotherapy Perspective

3. Assessment in Musculoskeletal Conditions **35**
Saravanan Murugan

Diagnosis in Physiotherapy 35
Subjective Examination 36
Objective Examination 39

4. Common Investigations in Orthopedic Conditions **52**
Aniruddha Pradyuman Barot, Megha Sandeep Sheth

Arthrography 52
Bone Scans/Scintigraphy 53
Computed Arthrography 53
Computed Tomography Scan 53
Diagnostic Ultrasound 54
Diskography 54
Dual Energy X-ray Absorptiometry Scan 54
Electromyography 56
Fluoroscopy 57
Laboratory Investigations 57
Magnetic Resonance Imaging 58
Myelography 60
Nerve Conduction Velocity Study Myelography 60
Quantitative Computed Tomography 61
Radiographs (Plain Film X-rays) 61
Venograms and Arteriograms 63
Xeroradiography 63

5. Disability Evaluation in Orthopedic Conditions **65**
Drashti Niket Shah

Impairment, Disability, and Handicap 65
Classification of Disability 66
Types of Disability 66
Models of Disability 67
Prevention of Disability 67
Guidelines for Evaluation of Permanent Physical Impairment 68
Functional Disability 72
Managing Disability 72

6. Physical Therapy Diagnosis and International Classification of Functioning, Disability, and Health **74**
Bhavana Mhatre

Physical Therapy: Role and Function 74
Examination and Evaluation 75
WHO-ICF Model of Functioning and Disability 77
The ICF Model: Interaction between ICF Components 82

Section 3: Management Strategies in Orthopedic Practice

7. Electrotherapeutics for Orthopedic Interventions **87**
Jayaprakash Damodaran

Cryotherapy 88
Superficial Heating Agents 93
Ultrasonic Therapy 99
Extracorporeal Shock Wave Therapy 106
LASER 106
Therapeutic Low and Medium Frequency Currents 111
Electromagnetic Radiation 119

8. Principles of Manual Therapy—Soft Tissues 138
Amit M Patel, Suman Malukani
Muscle Energy Technique 139
Strain–Counterstrain Technique (Jones Technique) 141
Instrument-Assisted Soft Tissue Mobilization 143
Myofascial Release Therapy 144
Foam Rolling Technique 146

9. Principles of Manual Therapy—Joints 150
Himanshu Mathur
History of Manual Therapy 150
Insight to Neurophysiology of Pain 151
Principles of Manual Therapy 151
Principles Relevant to Schools of Manual Therapy 153

10. Decision-making for Therapeutic Exercises in Orthopedic Conditions 162
Nehal Shah
Classification of Therapeutic Exercises 163
Decision-Making of Exercises on the Basis of Impairments 174
Actual Scenario and Planning the Treatment Strategy 179

11. Neural Tissue Dysfunction in Musculoskeletal Practice 181
Twinkle Dabholkar, Bhavana Mhatre
Continuum of the Nervous System as Basis of Neurodynamics 182
Framework to Base Neurodynamic Techniques 182
Mechanical Events in the Nervous System 182
Events that cause Movement of the Neural Tissue 183
Physiological Effects of Mechanical Events 184
Neuropathies and Neuropathodynamics 185
Neurodynamic Tests 185
Standard Neurodynamic Test Procedures 186
Planning Neurodynamic Examination 188
Treatment Interventions for Neuropathodynamics 188

12. Interventional Pain Management 191
Samir Desai
Pain Basics 192
Diagnosis of Pain 193
Treatment of Pain 194
Interventions for Various Pain Conditions 195
Advanced Modalities 205
Psychological Aspects of Chronic Pain 206
Future of Pain Medicine 207

13. Principles of Pain Management—Physiotherapy 208
M Balaganapathy, Vandita Soni
Definition of Pain 209
Incidence and Prevalence of Pain 209
Categories of Pain and its Types 210
Risk Factors of Pain 210
Mechanism of Pain Management 211

14. Orthoses 217
Shivani Siddharth Sheth
Terminology and Types of Orthoses 217
Function/Purpose of Orthosis Prescription 218
Biomechanical Principles 219
Components of Orthosis 220
Contraindications to Orthoses 221
Disadvantages of Orthoses 221
Orthoses Maintenance 221
Upper Limb Orthoses 222
Wrist-Hand Orthosis 222
Lower Limb Orthoses 226
Shoe 226
Ankle-Foot Orthoses 227
Knee-Ankle-Foot Orthoses 228
Knee Orthoses 229
Hip-Knee-Ankle-Foot Orthoses 229
Trunk-Hip-Knee-Ankle-Foot Orthoses 230
Spinal Orthoses 230
Cervical Orthosis 230
Head Cervical Orthosis 232
Head Cervical Thoracic or Cervicothoracic Orthosis 233
Lumbar Orthosis 234
Sacral Orthosis 234

15. Ergonomics 236
Deepankar Dass
Transformation of Nonergonomic Clinic to an Ergonomic One 237
Ergonomics in Physical Therapy 238
Good Ergonomic Practice 238
Benefits of Good Ergonomic Workplaces 238
Strategies to Reduce Ergonomic Risk Associated with the Tasks 238
Common Risk Factors for Physiotherapist While Treating Patients 238
Significance of Ergonomics in Physiotherapy 240
Contribution of Physiotherapist in Ergonomics 240
Ergonomics for Patient Rehabilitation 240

Section 4: Clinical and Physiotherapy Approaches in Management

16. Spinal Conditions: Clinical 247
Amit Jhala, Sharvin Sheth, Dhruv Patel
Lumbar Disk Prolapse 248
Lumbar Spinal Stenosis 253
Cervical Disk Prolapse 258
Spondylolysis and Spondylolisthesis 261
Cervical Spine Injury 266
Thoracolumbar Injuries 271

17. Spinal Conditions: Physiotherapy Part-I 280
Sona Kolke, Priya Singh Rangey
General Goals of Management of Low Back Pain 281
Physiotherapy Management of Intervertebral Disk Prolapse 288

Cervical Radiculopathy 290
Cervicogenic Headache 295
Thoracic Outlet Syndrome 300
T4 Syndrome 306
Hyperkyphosis 307
Scoliosis 311
Sacroiliac Joint Dysfunctions 315
Pubic Symphysis Pain 317
Coccydynia 318

18. Spinal Conditions: Physiotherapy Part-II 322
Yagna Unmesh Shukla

Anatomy of Spinal Cord 322
Causes of Spinal Cord Injuries 323
Classification of Spinal Cord Injuries 324
Clinical Presentation of Spinal Cord Injuries 324
Impairments in Spinal Cord Injury 324
Assessment of Spinal Cord Injury 327
Prognosis 329
Rehabilitation Team for Management of Spinal Cord Injuries 329
Medical Management 329
Physiotherapy Management in Spinal Cord Injuries 329

19. Upper Limb Fractures 342
Binal Gajjar

Clavicle Fracture 343
Scapula Fracture 345
Proximal Humerus Fracture 346
Shaft of Humerus Fracture 347
Supracondylar Humerus Fracture 351
Intercondylar Fractures of the Humerus 354
Fracture of Single Condyle of the Humerus 354
Olecranon Fracture 355
Radius Head and Neck Fracture 356
Forearm Bone Fractures 357
Colles' Fracture 359
Smith's Fracture 361
Scaphoid Fracture 361
Metacarpal Fractures 363
Phalanx Fractures 363

20. Upper Limb Dislocations 366
Parth Trivedi

Signs and Symptoms of Upper Limb Dislocations 367
Management Guidelines 367
Complications 367
Acromioclavicular Joint Dislocation 367
Sternoclavicular Joint Dislocation 369
Shoulder Joint Dislocation 370
Elbow Dislocation 376
Carpal Dislocations 378
Carpometacarpal Dislocation 379
Metacarpophalangeal Joint Dislocation 380
Interphalangeal Joint Dislocation 381

21. Lower Limb Fractures 384
Sarfraznawaz F Shah

Conservative versus Surgical Management for Lower Limb Fractures 385
Pelvic Fractures 385
Neck of the Femur Fracture 389
Intertrochanteric Femur Fracture 391
Femur Shaft Fracture 393
Distal Femur Fracture 396
Patellar Fracture 398
Tibial Plateau Fracture 399
Shaft of Tibia and Fibula Fracture 401
Pott's Fracture (Bimalleolar Ankle Fracture) 402
Fracture of the Calcaneus 402
Talus Fracture 403
Midfoot or Midtarsal or Chopart's Joints Fracture 404
Tarsal Navicular Fracture 405
Cuboid Fractures 405
Lisfranc Fracture or Tarsometatarsal Fracture 406
Metatarsal Bone Fracture 406
Metatarsophalangeal Joint Fracture 406
Fractures of Phalanges of the Toes 407

22. Lower Limb Dislocations 410
Ketan Pandya

Dislocation of Hip 410
Knee Dislocation 413
Patellar Instability 414
Ankle Dislocation 419

23. Thoracic Injuries 421
Dipmala Nikhil Silajiya

Evaluation and Management 421
The Deadly Dozen Injuries 423
Thoracic Fractures 428
Chest Surgeries 429
Physiotherapy Management 434

24. Temporomandibular Joint Dysfunction 441
Yagna Unmesh Shukla

Anatomy and Biomechanics of Temporomandibular Joint 442
Temporomandibular Joint Disorder 444
Oral Submucous Fibrosis 451

25. Tendon Injuries 455
Bindesh Patel

Structure of a Tendon 455
Pathophysiology of Tendinopathies and Tendon Healing 457
Classification of Tendon Injuries 458
Common Tendon Injuries 458
Hand Deformities Arising due to Tendon Injuries 462

26. Soft-tissue Injuries: Clinical 466
Rohan Vakta

Classification of Soft-tissue Injuries 466
Reinjuries 478

Diagnosis 478
Common Soft-tissue Injuries in Orthopedic Practice 480
Recent Advances for Soft-tissue Injury Management 481

27. Soft-tissue Injuries: Physiotherapy 482
Bhavana Gadhavi

Relevant Anatomy 483
Common Soft-tissue Injuries 483
Ligament Injuries 484
Injury to the Synovial Membrane (Synovium) 487
Injury to the Bursa 488
Muscle and Tendon Injury 488
Meniscal Injuries 492

28. Rehabilitation in Reconstructive Surgeries 502
Reji K Samuel

Common Orthopedic Reconstruction Surgeries 503
Shoulder Arthroscopy 503
Elbow Arthroscopy 507
Wrist Arthroscopy 510
Hip Arthroscopy 513
Knee Arthroscopy 516
Ankle Arthroscopy 517
Wrist Arthrodesis 519
Knee Arthrodesis 521
Ankle Arthrodesis 521
Periacetabular Osteotomy 522
High Tibial Osteotomy 525
Spinal Reconstruction 527
Nerve Injury and Reconstruction 528
Tendon Injury and Reconstruction 530

29. Arthroplasty 534
Alpa Purohit

Hip Arthroplasty 535
Knee Arthroplasty 542
Ankle Arthroplasty 548
Shoulder Arthroplasty 549
Elbow Arthroplasty 552
Wrist Arthroplasty 554

30. Essentials of Rheumatology 559
Ruhani Desai

Arthritis 559
Connective Tissue Disease 563
Vasculitis 568

31. Rheumatoid Arthritis 574
Nupur Shah

Etiology 574
Pathophysiology 575
Clinical Features 575
Classification of Rheumatoid Arthritis 579
Red Flags 579
Diagnosis 580
Prognosis 580
Pharmacological Management 581
Surgical Management 581
Physiotherapy Assessment 581
Physiotherapy Management 582

32. Ankylosing Spondylitis 587
Bhoomika Brahmbhatt

Etiology 588
Epidemiology 588
Pathology 588
Clinical Features 588
Extra-articular Manifestations 589
Radiological Features 589
Differential Diagnosis 590
Complications 590
Diagnosis 590
Physical and Functional Examination 591
Management 596
Physiotherapy Management 597
Evidence-based Medicine 600
Prognosis 600
Mnemonics for AS 600

33. Osteoarthritis 603
Keerthi Rao

Definition 604
Types of Osteoarthritis 604
Pathophysiology 604
Risk Factors 606
Clinical Symptoms 607
Diagnosis 607
Investigation Tools 608
Pharmacological Management 609
Surgical Management 610
Physiotherapy Management 610
Common Arthritic Conditions and their Manifestations 619
Cervical Spondylosis 632
Lumbar Spondylosis 636

34. Other Rheumatoid Conditions 641
Paryushi Rami

Juvenile Idiopathic Arthritis 641
Metabolic Arthritis 644
Hemophilic Arthritis (Bleeder's Joint) 646
Seronegative Spondyloarthropathies 648
Neuropathic Arthritis (Charcot's Joint) 650

35. Nutritional Deficiency, Metabolic and Hormonal Disorders 653
Ajit Dabholkar, Tejashree Dabholkar

Congenital and Metabolic Disorders Leading to Fractures 653
Osteogenesis Imperfecta 654
Other Skeletal Dysplasias 656
Metabolic Causes of Fracture 657
Charcot's Arthropathy 668
Crystal Arthropathies 670
Nutritional Aspects of Bone Health and Fracture Healing 673
Musculoskeletal Disorders and Hormonal Imbalance 675

36. Sports Injuries: Assessment 684
Paras Bhura, Camy Bhura
Classification of Sports Injuries 684
Risk Factors for Injuries 686
Common Sports Injuries 687
Diagnostic Tools for Injury Assessment 689
Sports Assessment 689
Doping in Sports 696

37. Sports Injuries: Rehabilitation 699
Saravanan Murugan
Understanding Sports Injury 701
Principles of Training 703
Sports Injury Assessment 705
Sports Rehabilitation 706
Principles of Therapeutic Exercise in Sports Rehabilitation 709
Therapeutic Modalities in Sports Rehabilitation 724
Manual Therapy in Sports Rehabilitation 728
Aquatic Therapy in Sports Rehabilitation 729
Taping in Sports Rehabilitation 730

38. Repetitive Strain Injury 734
Ajit Dabholkar, Tejashree Dabholkar
Epidemiology 735
Pathophysiology of Repetitive Strain Injury 735
Risk Factors for Causation of Repetitive Strain Injuries 736
The Surveillance Model 737
Diagnosis 738
Stages of Disorders 738
Classification of Repetitive Strain Injury 739
Prevention of Repetitive Strain Injury 746
Ergonomic Risk Assessment and Intervention 747
Health Promotion and General Fitness 754
Return to Work 754
Need for Occupational Health and Safety 755
Work Conditioning and Work Hardening 756

39. Inflammations and Infections 761
Urmi Bhatt
Synovitis 763
Bursitis 765
Tendinitis 772
Osteomyelitis 774
Septic Arthritis 779
Prosthetic Joint Infections 780
Syphilis Infection of Joints 781
Skeletal Tuberculosis 782

40. Bone Tumors 787
Sweta Jagdishchandra Upadhyay
Classification of Bone Tumors 787
General Principles of Diagnosis and Management of Tumors 788
Benign Bone Tumors 791
Malignant Bone Tumors 792
Primary Bone Tumors 792
Physiotherapy Management 795

41. Management of Common Pediatric Orthopedic Conditions 799
Dhiren Ganjwala, Hitesh Shah
Clubfoot 799
Developmental Dysplasia of the Hip 802
Perthes' Disease 804
Cerebral Palsy 806

42. Management of Common Pediatric Orthopedic Conditions: Physiotherapy 811
Nupur Shah
Physiotherapy Assessment 812
Cerebral Palsy 813
Poliomyelitis 815
Congenital Torticollis 816
Developmental Dysplasia of Hip 819
Coxa Vara 821
Perthes Disease 822
Genu Varum (Bow Legs) 824
Genu Valgum (Knocked Knees) 826
Congenital Talipes Equinovarus (CTEV) 827
Pes Cavus 829

43. Miscellaneous Conditions in Orthopedics 832
Neha Mukkamala, Purvi Patel
Trigger Finger 833
Dupuytren's Contracture 834
De Quervain's Tenosynovitis 835
Ganglion 837
Tennis Elbow/Lateral Epicondylitis 838
Golfer's Elbow/Medial Epicondylitis 840
Carpal Tunnel Syndrome 843
Causalgia 845
Fibromyalgia 846
Myofascial Pain Syndrome 847
Plantar Fasciitis 849
Chondromalacia Patellae 852
Osgood-Schlatter Disease 855
Metatarsalgia 856
Hallux Valgus 857

Index 865