CONTENTS

1 BASIC SCIENCE, 1

Matthew R. Schmitz, Marc McCord DeHart, Zain Qazi, and Franklin D. Shuler

SECTION 1 ORTHOPAEDIC TISSUES, 1

Bone, 1 Joints, 40 Neuromuscular and Connective Tissues, 69

SECTION 2 ORTHOPAEDIC BIOLOGY, 83

Cellular and Molecular Biology, 83 Infections and Microbiology, 94

SECTION 3 PERIOPERATIVE AND ORTHOPAEDIC MEDICINE, 105

Perioperative Problems, 105

SECTION 4 OTHER BASIC PRINCIPLES, 119

Imaging and Special Studies, 119
Biomaterials and Biomechanics, 124

TESTABLE CONCEPTS, 142

2 ANATOMY, 148

F. Winston Gwathmey, Jr., and M. Tyrrell Burrus

SECTION 1 INTRODUCTION, 148

Overview, 148

SECTION 2 UPPER EXTREMITY, 149

Shoulder, 149 Arm, 151 Forearm, 155 Wrist and Hand, 155

SECTION 3 LOWER EXTREMITY, 193

Pelvis, Hip, and Thigh, 193 Knee and Leg, 197 Ankle and Foot, 201

SECTION 4 SPINE, 243

Osteology, 243 Arthrology, 243 Surgical Approaches to the Spine, 257

TESTABLE CONCEPTS, 262

3 PEDIATRIC ORTHOPAEDICS, 264

Matthew R. Schmitz, Jeremy K. Rush, and Todd A. Milbrandt

SECTION 1 UPPER EXTREMITY PROBLEMS, 265

Brachial Plexus Palsy, 265
Sprengel Deformity, 265
Fibrotic Deltoid Problems, 266
Congenital Pseudarthrosis of the Clavicle, 266
Poland Syndrome, 266
Apert Syndrome, 266

SECTION 2 LOWER EXTREMITY PROBLEMS: GENERAL, 267

Rotational Problems of the Lower Extremities, 267 Leg Length Discrepancy, 268

SECTION 3 HIP AND FEMUR, 269

Developmental Dysplasia of the Hip, 269
Congenital Coxa Vara, 273
Legg-Calvé-Perthes Disease (Coxa Plana), 273
Slipped Capital Femoral Epiphysis, 275
Bladder Exstrophy, 277
Proximal Femoral Focal Deficiency, 277
Congenital Dislocation of the Knee, 277
Lower Extremity Inflammation and Infection, 278

SECTION 4 KNEE AND LEG, 280

Leg, 280
Tibial Bowing, 281
Osteochondritis Dissecans, 283
Osgood-Schlatter Disease, 283
Discoid Meniscus, 284
Congenital Dislocation of the Knee, 284

SECTION 5 FOOT, 284

Clubfoot (Congenital Talipes Equinovarus), 284
Metatarsus Adductus and Skewfoot, 286
Pes Cavus (Cavus Foot), 286
Congenital Vertical Talus, 286
Tarsal Coalitions, 288
Calcaneovalgus Foot, 288
Juvenile Bunions, 289
Kohler Disease, 289
Flexible Pes Planus, 290
Habitual Toe Walking, 290
Accessory Navicular, 290

Ball-and-Socket Ankle, 290 Congenital Toe Disorders, 290

SECTION 6 PEDIATRIC SPINE, 291

Adolescent Idiopathic Scoliosis, 291
Early-Onset Scoliosis (EOS), 295
Juvenile Idiopathic Scoliosis, 296
Infantile Idiopathic Scoliosis, 296
Congenital Spinal Deformities, 296
Neuromuscular Scoliosis, 298
Neurofibromatosis, 299
Kyphosis, 300
Cervical Spine Disorders, 301
Spondylolysis and Spondylolisthesis, 302
Other Spinal Conditions, 304

SECTION 7 CEREBRAL PALSY, 305

Introduction, 305
Classification, 305
Orthopaedic Assessment, 306
Spasticity Treatment, 306
Gait Disorders, 306
Spinal Disorders, 307
Hip Subluxation and Dislocation, 308
Knee Abnormalities, 308
Foot and Ankle Abnormalities, 309
Upper Extremity Management, 309

SECTION 8 NEUROMUSCULAR DISORDERS, 310

Arthrogrypotic Syndromes, 310
Myelodysplasia (Spina Bifida), 311
Myopathies (Muscular Dystrophies), 313
Polymyositis and Dermatomyositis, 315
Hereditary Neuropathies, 315
Myasthenia Gravis, 316
Anterior Horn Cell Disorders, 316
Acute Idiopathic Postinfectious Polyneuropathy
(Guillain-Barré Syndrome), 317
Overgrowth Syndromes, 317

SECTION 9 BONE DYSPLASIAS, 317

Introduction, 317
Achondroplasia, 317
Pseudoachondroplasia, 319
Multiple Epiphyseal Dysplasia (MED), 319
Spondyloepiphyseal Dysplasia (SED), 319
Chondrodysplasia Punctata, 319
Kniest Syndrome, 320
Metaphyseal Chondrodysplasia, 321
Dysplasia Epiphysealis Hemimelica (Trevor Disease), 322
Progressive Diaphyseal Dysplasia (Camurati-Engelmann Disease), 322
Mucopolysaccharidosis, 322
Diastrophic Dysplasia, 322
Cleidocranial Dysplasia (Dysostosis), 323

Infantile Cortical Hyperostosis (Caffey Disease), 324

Osteopetrosis, 323

Homocystinuria, 324 Dysplasias Associated with Benign Bone Growth, 324

SECTION 10 ORTHOPAEDIC-RELATED SYNDROMES, 324

Down Syndrome (Trisomy 21), 324
Turner Syndrome, 325
Prader-Willi Syndrome, 325
Marfan Syndrome, 325
Ehlers-Danlos Syndrome, 325
Fibrodysplasia Ossificans Progressiva, 325
Menkes Syndrome, 326
Rett Syndrome, 326
Beckwith-Wiedemann Syndrome, 326
Nail-Patella Syndrome (Hereditary
Onychoosteodysplasia), 326
Teratogen-Induced Disorders, 326

SECTION 11 HEMATOPOIETIC AND METABOLIC DISORDERS AND ARTHRITIDES, 326

Gaucher Disease, 326
Niemann-Pick Disease, 327
Sickle Cell Anemia, 327
Thalassemia, 327
Hemophilia, 327
Leukemia, 328
Rickets, 328
Osteogenesis Imperfecta, 328
Idiopathic Juvenile Osteoporosis, 329
Juvenile Idiopathic Arthritis, 329
Ankylosing Spondylitis, 329

TESTABLE CONCEPTS, 330

4 SPORTS MEDICINE, 335

Stephen R. Thompson and Mark D. Miller

SECTION 1 KNEE, 335

Anatomy, 335
Biomechanics, 341
Diagnostic Techniques, 341
Knee Arthroscopy, 346
Meniscal Injuries, 347
Ligament Injuries, 349
Osteochondral Lesions, 356
Synovial Lesions, 357
Patellofemoral Disorders, 358
Pediatric Knee Injuries, 362

SECTION 2 PELVIS, HIP, AND THIGH, 362

Contusions, 362
Muscle Injuries, 362
Bursitis, 363
Nerve Entrapment Syndromes, 363
Bone Disorders, 363
Intraarticular Disorders, 364
Femoroacetabular Impingement (FAI), 364

Other Hip Disorders, 365
Hip Arthroscopy, 365

SECTION 3 SHOULDER, 367

Anatomy, 367 Biomechanics, 369 Diagnostic Techniques, 371 Shoulder Arthroscopy, 372 Shoulder Instability, 372 Subacromial Impingement Syndrome, 378 Rotator Cuff Disease, 379 Subscapularis Tears, 384 Rotator Cuff Arthropathy, 384 Subcoracoid Impingement, 385 Internal Impingement, 385 Superior Labrum Anterior to Posterior (SLAP) Lesions, 385 Proximal Biceps Tendon Pathology, 387 Acromioclavicular and Sternoclavicular Injuries, 390 Muscle Ruptures, 391 Shoulder Stiffness, 392 Nerve Disorders, 392 Other Shoulder Disorders, 394

SECTION 4 MEDICAL ASPECTS OF SPORTS MEDICINE, 395

Preparticipation Physical Examination, 395
Muscle Physiology, 395
Exercise, 396
Cardiac Abnormalities in Athletes, 396
Concussion, 396
Sickle Cell Disease, 397
Metabolic Issues in Athletes, 397
Ergogenic Drugs, 397
Female Athlete–Related Issues, 398
Infectious Disease in Athletes, 398
Miscellaneous Sports-Related Injuries and Issues, 399

TESTABLE CONCEPTS, 400

5 ADULT RECONSTRUCTION, 403

Edward J. McPherson, James A. Browne, and Stephen R. Thompson

SECTION 1 EVALUATION OF THE ADULT HIP PATIENT, 404

Physical Examination Tests for Hip Irritability, 404 Studies, 405

SECTION 2 STRUCTURAL HIP DISORDERS IN THE ADULT, 405

Natural History, 405
Spectrum of Presentation, 405
Classification of Adult Hip Dysplasia, 405
Treatment of Dysplasia, 405
Femoroacetabular Impingement, 406
Treatment of FAI, 408

SECTION 3 OSTEONECROSIS OF THE HIP, 408

Occurrence, 408
Etiology, 408
Clinical Presentation, 408
Imaging, 408
Staging, 408
Treatment, 408
Transient Osteoporosis of the Hip, 409

SECTION 4 HIP ARTHRITIS TREATMENT, 410

Nonoperative, 410 Operative, 410

SECTION 5 TOTAL HIP ARTHROPLASTY, 412

Indications, 412
Surgical Approaches for THA, 412
Templating for THA, 412
Implant Fixation, 412
Bone Ongrowth Fixation, 414
Hydroxyapatite, 414
Primary THA—Fixation Selection, 415
Femoral Stem Loading, 415
Femoral Stress Shielding, 416
Femoral Stem Breakage, 416

SECTION 6 REVISION THA, 418

Presentation, 418
Acetabular Side, 418
Femoral Side, 420

SECTION 7 POLYETHYLENE WEAR AND OSTEOLYSIS IN THA, 422

Introduction, 422
Osteolysis Process, 423
Osteolysis Around THA Prosthesis—Effective Joint Space, 423
Particle Debris Formation—Linear versus Volumetric Wear, 424
Osteolysis—Radiographic Findings in THA, 425
Osteolysis Reduction, 425

SECTION 8 PERIPROSTHETIC THA FRACTURE, 425

Time of Fracture, 425 Intraoperative Fracture, 425 Early Postoperative Fracture, 425 Late Fracture, 425

SECTION 9 HIP RESURFACING ARTHROPLASTY, 426

Advantages, 426
Relative Contraindications, 426
Complications, 426

SECTION 10 THA-MISCELLANEOUS, 426

THA—Nerve Injury, 426 THA—Anatomy, 427

THA—Specific Complications and Host Risk Factors, 427

Venous Thrombosis in THA, 427

Heterotopic Ossification, 427

Iliopsoas Impingement, 427

THA—Implant Facts, 427

SECTION 11 THA—JOINT STABILITY, 428

Incidence of THA Dislocation, 428

Risk Factors for Dislocation, 428

Dislocating THA—Assessment, 428

Component Design, 428

Primary Arc Range, 428

Lever Range, 428

Component Design—Best Range in THA, 429

Component Alignment, 429

Soft Tissue Tension, 430

Soft Tissue Function, 433

Dislocating THA—Treatment, 434

SECTION 12 THA—ARTICULAR BEARING TECHNOLOGY, 436

Bearing Types, 436

Hard-on-Soft Bearing, 436

Hard-on-Hard Bearing, 440

Trunnion Corrosion, 444

SECTION 13 KNEE ARTHRITIS ASSESSMENT, 444

Clinical Presentation, 444 Imaging Studies, 444

SECTION 14 KNEE ARTHRITIS TREATMENT, 444

Nonoperative, 444 Operative, 444

SECTION 15 TOTAL KNEE ARTHROPLASTY, 446

Indications, 446

TKA Survival, 446

Technical Goals of TKA, 446

Preoperative Planning for TKA, 446

Bone Cuts in TKA-Goals, 447

Coronal Plane Ligament Balancing in TKA, 447

Flexion Deformity (i.e., Flexion Contracture), 449

Sagittal Plane Balancing in TKA, 449

TKA—Complications, 450

SECTION 16 TKA DESIGN, 455

Design Categories, 455

Cruciate-Retaining Primary TKA Design, 455

Cruciate-Sacrificing Primary TKA Design, 456

Posterior Stabilized Primary TKA Design, 456

Anterior Stabilized Primary TKA Design, 458

Tibial Rotating Platform in Primary TKA, 459

Modularity in Primary TKA, 460
Constraint in TKA, 460

SECTION 17 REVISION TKA, 462

Preoperative Evaluation, 462
Surgical Approach, 463
Implant System, 463
Modular Bearing Change for *Premature* Excessive
Wear, 463

Revision TKA—Technique, 463 Revision TKA—Patella, 463

SECTION 18 PATELLAR TRACKING IN TKA, 463

Introduction, 463 Q Angle in TKA, 464

TKA Techniques to Optimize Patellar Tracking, 464 Intraoperative Assessment of Maltracking, 467 Postoperative Assessment of Maltracking, 467

Patella Baja, 467

Patellar Resurfacing versus Nonresurfacing, 468

SECTION 19 CATASTROPHIC WEAR IN TKA, 468

Premature Failure of TKA Implant, 468
Factors Involved in Catastrophic Wear, 468
Polyethylene Thickness, 469
Articular Geometry, 469
Knee Kinematics, 469
Surgical Technique, 469
Polyethylene Processing, 470
Perfect Storm Scenario for Catastrophic Wear, 470
Measures to Mitigate Catastrophic PE Wear, 471

SECTION 20 GLENOHUMERAL ARTHRITIS, 472

Introduction, 472
History and Physical Examination, 472
Imaging, 472
Treatment, 473

SECTION 21 SHOULDER HEMIARTHROPLASTY, 475

Indications, 475
Requirements, 475
Complications, 475
Conversion from Hemiarthroplasty to TSA, 475
Hemiarthroplasty for Cuff Tear Arthropathy (CTA), 475

SECTION 22 TOTAL SHOULDER ARTHROPLASTY, 475

Introduction, 475
Requirements, 475
Component Positioning, 475
Rehabilitation, 476
Complications, 476

SECTION 23 REVERSE TOTAL SHOULDER ARTHROPLASTY (RTSA), 476

Introduction, 476
Requirements, 476
Component Positioning, 476
Complications, 476

SECTION 24 INFECTION IN SHOULDER ARTHROPLASTY, 477

Introduction, 477 Common Organisms, 477 History and Physical Examination, 477 Investigations, 477 Microbiology, 477 Management, 478

TESTABLE CONCEPTS, 478

6 DISORDERS OF THE FOOT AND ANKLE, 482

Anish R. Kadakia and Jeffery D. Seybold

SECTION 1 BIOMECHANICS OF THE FOOT AND ANKLE, 483

SECTION 2 PHYSICAL EXAMINATION OF THE FOOT AND ANKLE, 489

SECTION 3 RADIOGRAPHIC EVALUATION OF THE FOOT AND ANKLE, 493

SECTION 4 ADULT HALLUX VALGUS, 494

SECTION 5 JUVENILE AND ADOLESCENT HALLUX VALGUS, 500

SECTION 6 HALLUX VARUS, 501

SECTION 7 LESSER-TOE DEFORMITIES, 502

SECTION 8 HYPERKERATOTIC PATHOLOGIES, 508

Hard Corns (Helomata Durum), 508 Soft Corns (Helomata Molle), 508 Intractable Plantar Keratosis (IPK), 509 Bunionette Deformity (Tailor's Bunion), 509

SECTION 9 SESAMOIDS, 510

Anatomy, 510 Deformities, 510

SECTION 10 ACCESSORY BONES, 512

SECTION 11 NEUROLOGIC DISORDERS, 513

Interdigital Neuritis (Morton Neuroma), 513
Recurrent Neuroma, 514
Tarsal Tunnel Syndrome, 514
Anterior Tarsal Tunnel Syndrome, 515
Superficial Peroneal Nerve Entrapment, 517
Sural or Saphenous Nerve Entrapment, 517
Sequelae of Upper Motor Neuron Disorders, 517
Charcot-Marie-Tooth Disease (CMT), 518
Peripheral Nerve Injury and Tendon Transfers, 520

SECTION 12 ARTHRITIC DISEASE, 520

Crystalline Disease, 520 Seronegative Spondyloarthropathy (SNSA), 521 Rheumatoid Arthritis, 521 Osteoarthritis, 523

SECTION 13 POSTURAL DISORDERS, 529

Pes Planus (Flatfoot Deformity), 529 Pes Cavus Deformity, 531

SECTION 14 TENDON DISORDERS, 534

Achilles Tendon, 534
Peroneal Tendons, 534
Posterior Tibial Tendon, 534
Anterior Tibial Tendon, 534
Flexor Hallucis Longus, 535

SECTION 15 HEEL PAIN, 535

Plantar Heel Pain, 535 Achilles Disorders, 537

SECTION 16 ANKLE PAIN AND SPORTS INJURIES, 540

SECTION 17 THE DIABETIC FOOT, 542

Pathophysiology, 542 Clinical Problems, 542

SECTION 18 TRAUMA, 545

Phalangeal Fractures, 545
Metatarsal Fractures, 545
First MTP Joint Injuries, 547
Tarsometatarsal Fractures and Dislocations
(Lisfranc Injury), 548
Midfoot Injuries (Excluding Lisfranc Injuries), 552
Talus Fractures, 556
Calcaneus Fractures, 559
Peritalar (Subtalar) Dislocations, 563
Compartment Syndrome, 563
Ankle Fractures, 565
Pilon (Tibial Plafond) Fractures, 570

TESTABLE CONCEPTS, 572

HAND, UPPER EXTREMITY, 7 AND MICROVASCULAR SURGERY, 576

Lance M. Brunton and A. Bobby Chhabra

Anatomy, 576

Distal Radius Fractures, 580

Carpal Fractures and Instability, 583

Metacarpal and Phalangeal Injuries, 590

Tendon Injuries and Overuse Syndromes, 593

Distal Radioulnar Joint, Triangular Fibrocartilage Complex,

and Wrist Arthroscopy, 598

Nail and Fingertip Injuries, 600

Soft Tissue Coverage and Microsurgery, 603

Vascular Disorders, 606

Compression Neuropathy, 609

Nerve Injuries and Tendon Transfers, 617

Arthritis, 621

Idiopathic Osteonecrosis of the Carpus, 627

Dupuytren Disease, 628

Hand Tumors, 630

Hand Infections, 634

Congenital Hand Differences, 637

Elbow, 641

TESTABLE CONCEPTS, 649

8 **SPINE**, 655

Francis H. Shen

Introduction, 655

Cervical Spine, 659

Thoracic Spine, 667

Lumbar Spine, 668

Adult Deformity, 677

Sacropelvis, 680

Spinal Tumors, 680

Spinal Infections and Inflammatory Arthritides, 683

Spinal Trauma, 686

TESTABLE CONCEPTS, 703

ORTHOPAEDIC 9 PATHOLOGY, 706

Ginger E. Holt

SECTION 1 INTRODUCTION, 706

Clinical Evaluation, 706

Imaging, 706

Biopsy (Bone and Soft Tissue), 708

Molecular Biology (Bone and Soft Tissue), 709

Grading (Bone and Soft Tissue), 709

Staging (Bone and Soft Tissue), 709

Treatment (Bone and Soft Tissue), 710

SECTION 2 SOFT TISSUE TUMORS, 713

Introduction, 713

Tumors of Fibrous Tissue, 713

Tumors of Fatty Tissue, 714

Tumors of Neural Tissue, 716

Tumors of Muscle Tissue, 716

Vascular Tumors, 716

Synovial Disorders, 717 Other Rare Sarcomas, 717

Posttraumatic Conditions, 718

Soft Tissue Tumor Pearls, 718

SECTION 3 BONE TUMORS, 718

Presentation, 718

Nomenclature, 718

Bone-Producing Lesions, 719

Chondrogenic Lesions, 721

Fibrous Lesions, 725

Malignant Fibrous Histiocytoma, 728

Notochordal Tissue, 730

Vascular Tumors, 730

Hematopoietic Tumors, 731

Tumors of Unknown Origin, 733

Tumorlike Conditions, 735

Metastatic Bone Disease, 739

TESTABLE CONCEPTS, 742

10 REHABILITATION: GAIT, AMPUTATIONS, PROSTHESES, ORTHOSES, AND NEUROLOGIC **INJURY**, 747

MaCalus Vinson Hogan and Ermias S. Abebe

SECTION 1 GAIT, 747

Walking, 747

Gait Dynamics, 748

Determinants of Gait (Motion Patterns), 748

Muscle Action, 750

Pathologic Gait, 750

SECTION 2 AMPUTATIONS, 751

Introduction, 751

Metabolic Cost of Amputee Gait, 751

Load Transfer, 751

Amputation Wound Healing, 751

Pediatric Amputation, 752

Amputation After Trauma, 752

Risk Factors, 753

Musculoskeletal Tumors, 753

Technical Considerations, 753

Complications, 754

Upper Limb Amputations, 754

Lower Limb Amputations, 754

SECTION 3 PROSTHESES, 757

Upper Limb, 757

Lower Limb, 757

SECTION 4 ORTHOSES, 762

Introduction, 762 Shoes, 762 Foot Orthoses, 762 Ankle-Foot Orthosis, 762 Knee-Ankle-Foot Orthosis, 762 Hip-Knee-Ankle-Foot Orthosis, 763 Elbow Orthoses, 763 Wrist-Hand Orthoses (WHOs), 763 Fracture Braces, 763 Pediatric Orthoses, 763 Spine Orthoses, 763

SECTION 5 SURGERY FOR STROKE AND CLOSED-HEAD INJURY, 763

Introduction, 763 Lower Limb, 763 Upper Limb, 764

SECTION 6 POSTPOLIO SYNDROME, 764

Cause, 764 Treatment, 764

TESTABLE CONCEPTS, 765

11 TRAUMA, 767

David J. Hak and Cyril Mauffrey

SECTION 1 CARE OF THE MULTIPLY INJURED PATIENT, 767

Principles of Trauma Care, 767
Care of Injuries to Specific Tissues, 769
Biomechanics of Fracture Healing, 775
Biomechanics of Open Reduction and Internal Fixation, 777

SECTION 2 UPPER EXTREMITY, 778

Shoulder Injuries, 778 Humeral Injuries, 785 Elbow Injuries, 787 Forearm Fractures, 791 Wrist Fractures, 793 Hand Injuries, 796

SECTION 3 LOWER EXTREMITY AND PELVIS, 796

Pelvic and Acetabular Injuries, 796 Femoral and Hip Injuries, 807 Knee Injuries, 817 Tibial Injuries, 820

SECTION 4 PEDIATRIC TRAUMA, 825

Introduction, 825 Child Abuse, 825 Physeal Fractures, 825
Pediatric Polytrauma, 827
Shoulder and Arm Injuries, 827
Elbow Injuries, 829
Forearm Fractures, 837
Pediatric Scaphoid Fracture, 839
Lower Extremity, 839

TESTABLE CONCEPTS, 850

12 PRINCIPLES OF PRACTICE, 856

Marc McCord DeHart

SECTION 1 PRINCIPLES OF PRACTICE, 856

Introduction, 856

Medical Professionalism in the New Millennium:

A Physician Charter (2002), 856

Aspirational Documents, 857

Standards of Professionalism, 858

Child, Elder, and Spousal Abuse, 859

Sexual Misconduct, 860

The Impaired Physician, 860

Research, 860

Medical Liability, 860

TESTABLE CONCEPTS, 861

13 BIOSTATISTICS AND RESEARCH DESIGN, 862

Joseph M. Hart

SECTION 1 INTRODUCTION, 862

Selecting a Research Study Design, 862 Evidence-Based Medicine, 862 Clinical Research Designs, 862 Beware of These Common Flaws in Research Designs, 864 How Many Subjects Are Needed to Complete a Research Study?, 865 What Outcomes Should Be Included in a Research Study?, 865 Describing Your Data with Simple Statistics, 865 Concepts in Epidemiologic Research Studies, 866 Testing Your Hypotheses with Statistics, 868 What Statistical Test to Use for Different Analyses in Research, 869 Validity and Reliability, 870 Interpretation of Statistical Test Results, 870

TESTABLE CONCEPTS, 872