## Index

Note: page numbers in *italics* refer to figures, those in **bold** refer to tables.

<table>
<thead>
<tr>
<th>Term</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>abdominal reflex</td>
<td>710</td>
</tr>
<tr>
<td>absolute risk/absolute risk difference</td>
<td>14</td>
</tr>
<tr>
<td>acetabular component revision of total hip arthroplasty</td>
<td>205–10</td>
</tr>
<tr>
<td>anatomy</td>
<td>205</td>
</tr>
<tr>
<td>cementless component</td>
<td>208</td>
</tr>
<tr>
<td>component position</td>
<td>120, 121, 122</td>
</tr>
<tr>
<td>importance of problem</td>
<td>205</td>
</tr>
<tr>
<td>morselized impaction graft</td>
<td>207–8</td>
</tr>
<tr>
<td>porous tantalum implants</td>
<td>208–9</td>
</tr>
<tr>
<td>structural bulk allografts</td>
<td>205–10</td>
</tr>
<tr>
<td>acetabulum/acetabular bone</td>
<td></td>
</tr>
<tr>
<td>bone stock in total hip arthroplasty/hip resurfacing</td>
<td>139–40</td>
</tr>
<tr>
<td>deficiency classification</td>
<td>205–7</td>
</tr>
<tr>
<td>dysplasia</td>
<td>887–8</td>
</tr>
<tr>
<td>labrum</td>
<td></td>
</tr>
<tr>
<td>anatomy</td>
<td>879</td>
</tr>
<tr>
<td>tears</td>
<td>879–89</td>
</tr>
<tr>
<td>reconstruction options for loss</td>
<td>207–8</td>
</tr>
<tr>
<td>trauma and venous thromboembolism</td>
<td>60–1</td>
</tr>
<tr>
<td>acetabulum fracture</td>
<td>602–3, 604, 605–9, 610, 611–14</td>
</tr>
<tr>
<td>anatomy</td>
<td>602, 603</td>
</tr>
<tr>
<td>avascular necrosis</td>
<td>613</td>
</tr>
<tr>
<td>characterization</td>
<td>603, 605–6</td>
</tr>
<tr>
<td>classification</td>
<td>602, 604, 605</td>
</tr>
<tr>
<td>complications</td>
<td>603</td>
</tr>
<tr>
<td>CT imaging</td>
<td>605–6</td>
</tr>
<tr>
<td>deep vein thrombosis</td>
<td>603</td>
</tr>
<tr>
<td>dislocation</td>
<td>613</td>
</tr>
<tr>
<td>displacement</td>
<td>607</td>
</tr>
<tr>
<td>elderly patients</td>
<td>607–8</td>
</tr>
<tr>
<td>femoral head damage</td>
<td>613</td>
</tr>
<tr>
<td>functional outcome</td>
<td>609, 610, 611–12</td>
</tr>
<tr>
<td>heterotopic ossification</td>
<td>603, 609</td>
</tr>
<tr>
<td>importance of problem</td>
<td>602–3</td>
</tr>
<tr>
<td>incongruence</td>
<td>606</td>
</tr>
<tr>
<td>instability</td>
<td>606</td>
</tr>
<tr>
<td>non-surgeon related factors in prognosis</td>
<td>612–13</td>
</tr>
<tr>
<td>open reduction and internal fixation</td>
<td>607–8</td>
</tr>
<tr>
<td>radiographs</td>
<td>603, 605–6</td>
</tr>
<tr>
<td>surgical management indications</td>
<td>606–7</td>
</tr>
<tr>
<td>total hip arthroplasty</td>
<td>608</td>
</tr>
<tr>
<td>type</td>
<td>612–13</td>
</tr>
<tr>
<td>Achilles tendinopathy</td>
<td>872–7</td>
</tr>
<tr>
<td>anatomy</td>
<td>872</td>
</tr>
<tr>
<td>clinical examination</td>
<td>873</td>
</tr>
<tr>
<td>concentric exercise</td>
<td>874</td>
</tr>
<tr>
<td>diagnosis</td>
<td>873</td>
</tr>
<tr>
<td>eccentric exercise</td>
<td>873–4</td>
</tr>
<tr>
<td>efficacy</td>
<td>874–5</td>
</tr>
<tr>
<td>with low-level laser therapy</td>
<td>875–6</td>
</tr>
<tr>
<td>platelet-rich plasma injection comparison</td>
<td>876</td>
</tr>
<tr>
<td>with/without heel brace</td>
<td>874</td>
</tr>
<tr>
<td>heel brace</td>
<td>874</td>
</tr>
<tr>
<td>incidence</td>
<td>872</td>
</tr>
<tr>
<td>insertional</td>
<td>872</td>
</tr>
<tr>
<td>laser therapy</td>
<td>875–6</td>
</tr>
<tr>
<td>noninsertional</td>
<td>872</td>
</tr>
<tr>
<td>platelet-rich plasma injection</td>
<td>876</td>
</tr>
<tr>
<td>shockwave therapy</td>
<td>873–4</td>
</tr>
<tr>
<td>efficacy</td>
<td>874–5</td>
</tr>
<tr>
<td>topical glyceryl trinitrate</td>
<td>875</td>
</tr>
<tr>
<td>Achilles tendon rupture</td>
<td>872</td>
</tr>
<tr>
<td>acromioclavicular joint trauma</td>
<td>325–30</td>
</tr>
<tr>
<td>acute repair</td>
<td>329–30</td>
</tr>
<tr>
<td>adhesive dressings</td>
<td>327</td>
</tr>
<tr>
<td>anatomy</td>
<td>325</td>
</tr>
<tr>
<td>braces</td>
<td>327</td>
</tr>
<tr>
<td>casts</td>
<td>327</td>
</tr>
<tr>
<td>coracoacromial ligament transfer</td>
<td>329</td>
</tr>
<tr>
<td>coracoclavicular sling</td>
<td>329</td>
</tr>
<tr>
<td>delayed reconstruction</td>
<td>329–30</td>
</tr>
<tr>
<td>diagnosis</td>
<td>325–7</td>
</tr>
<tr>
<td>dislocation</td>
<td>328</td>
</tr>
<tr>
<td>fixation devices</td>
<td>329</td>
</tr>
</tbody>
</table>
acromioclavicular joint trauma (cont’d)
- harnesses 327
- hook plate 329
- importance of problem 325
- K-wire fixation 328, 329
- MRI 325–7
- nonoperative treatment of separation 327
- operative interventions 327–9
- radiographs 326
- screw fixation 328, 329
- separation 327

acromion fracture, reverse total shoulder arthroplasty 282
activities of daily living, range of motion in knee 233
acupuncture
- effectiveness for neck pain 665–6
- shoulder impingement syndrome 767
- tennis elbow 789, 790–1
acute compartment syndrome see compartment syndrome
acute hemolytic reactions, blood transfusion 75, 76
adhesions, prevention in flexor tendon surgery 993–6
adolescent idiopathic scoliosis (AIS)
- anatomy 702, 710
- back pain 706
- bone graft material 715–16
- bracing in prevention of curve progression 704–5
- Cobb angle 702, 703, 704
- cranial/caudal extent of fusion 713–14
- crankshaft phenomenon 712
- curve correction and patient satisfaction 714–15
- curves progressing during adolescent growth spurt 705–6
- exercise for prevention of progression 703–4
- functional impairment 706
- fusion rates and bone graft material 715–16
- genetic markers 705
- imaging 710–12
- importance of problem 702, 710
- intraoperative neuromonitoring 716–17
- left thoracic curve 711
- Lenke criteria 713, 714
- neurological abnormality 712
- nonoperative management 702–7
- operative management 710–17
  - anterior surgery 712–13
  - bone graft material 715–16
  - neurologic injury prevention 716–17
  - posterior surgery 712–13
- patient self-image/satisfaction 715
- pulmonary compromise 706–7
- school screening programmes 703
- skeletal maturity 705
- thoracic kyphosis 712
- thoracotomy 712
adrenocorticotropic hormone (ACTH), gout treatment 90
adult respiratory distress syndrome (ARDS), femoral shaft fractures 512, 514, 515, 516
aging, fracture healing risk factor 101, 102–3
AGREE (Appraisal of Guidelines, REsearch, and Evaluation) 15–16
alcohol abuse, fracture healing 105–6
  - risk factor 102
alendronate 44, 45
allograft-prosthetic composite (APC)
  - bone sarcoma 1097, 1098
  - proximal humerus 1098, 1100–2
alumina ceramics 153, 154–5
American Academy of Orthopedic Surgeons (AAOS), classification of acetabular bone deficiency 205, 206
American Orthopedic Research Institute (AORI), classification of bone defects 250
amputation
  - mangled extremities 655, 656
  - complications 659
  - outcome 658–9
  - resource investment 656–7
  - scoring systems 658
  - revision of digit 1074–5
see also replantation of digits
analgesia
  - compartment syndrome 629–30
  - low back pain 681, 682
  - neck pain 666
  - tennis elbow 790
anemia
  - adaptive response 72
  - blood transfusion 75
  - frequency 73–4
  - morbidity/mortality effects 74–5
  - patient function effects 75
  - perioperative 73
angiogenesis 102
ankle
  - Achilles tendinopathy 872–7
  - cost of injuries 862–3
  - distal tibia fracture 549–59
  - fracture instability 562
  - fusion 294–304
  - inversion injuries 862
  - ligaments 862
  - meta-analysis of treatments 27
  - malleolar fractures 561–5
  - osteoarthritis 294, 295
  - development in ipsilateral subtalar complex 297–8
  - Ottawa rules 561, 562
  - recurrent instability 317
  - sprains 862–70
  - prevention 868–9
see also total ankle arthroplasty
ankle arthrodesis 294–304
  - complications 296
  - conversion to total ankle arthroplasty 296
  - external fixation 296
  - functional outcome 295
  - gait outcome 302–3
  - infection 296
  - internal fixation 295, 296
  - ipsilateral subtalar complex osteoarthritis 297–8
  - optimum position 296
  - patient satisfaction 302

Index
total ankle arthroplasty comparison 302
ankle ligament, lateral, injury 862–70
orthotic support 867
physical examination 863–4
prevention strategy 868–9
prognosis 868
RICE therapy 863, 865
surgical treatment 867–8
ultrasound therapy 865–6
ankle–foot orthosis 318
anterior cruciate ligament (ACL) 796
hemarthrosis 796
clinical examination 812–13
combined medial collateral ligament injury 832–5, 835–6, 837–8
diagnosis 812–13
incidence 812
reconstruction 812
acute injury 800–1
allograft vs. autograft 813, 816
double-/single-bundle 813, 814–15
graft choice 816–18
hamstring tendon 817–18
osteoarthritis 818, 819
outcomes 813, 814–15
patellar tendon 817–18
surgical 800–1
rupture 812
anterior cruciate ligament/medial collateral ligament (ACL-MCL) combined tears 832–5, 835–6, 837–8
osteoarthritis 818, 819
anterior cruciate ligament (ACL) 796
anterior cruciate ligament/medial collateral ligament (ACL-MCL) combined tears 832–5, 835–6, 837–8
osteoarthritis 818, 819
appendicular skeleton, fracture healing 106–7
applicability
anticoagulant agents 62–5
antifibrinolytic therapy 73
antithrombotic agents, replantation of digits 1076–7
AO/OTA classification
clavicle trauma 332, 334
distal femoral fractures 522, 523
distal tibia fracture 549, 551
humerus trauma 374, 375
apixaban 63
appendicular skeleton, fracture healing 106–7
antifibrinolytic therapy 73
antithrombotic agents, replantation of digits 1076–7
AO/OTA classification
clavicle trauma 332, 334
distal femoral fractures 522, 523
distal tibia fracture 549, 551
humerus trauma 374, 375
apixaban 63
appendicular skeleton, fracture healing 106–7
applicability
anticoagulant agents 62–5
antifibrinolytic therapy 73
antithrombotic agents, replantation of digits 1076–7
AO/OTA classification
clavicle trauma 332, 334
distal femoral fractures 522, 523
distal tibia fracture 549, 551
humerus trauma 374, 375
applicability
anticoagulant agents 62–5
antifibrinolytic therapy 73
antithrombotic agents, replantation of digits 1076–7
AO/OTA classification
clavicle trauma 332, 334
distal femoral fractures 522, 523
distal tibia fracture 549, 551
humerus trauma 374, 375
see also gouty arthritis; osteoarthritis; rheumatoid arthritis
arthritis
Lisfranc injury 590
metatarsophalangeal joint 307–14
see also gouty arthritis; osteoarthritis; rheumatoid arthritis
arthrodesis
distal radioulnar joint 983
wrist 980, 981
arthrography
lateral ankle ligament lateral injury 864
triangular fibrocartilage complex injuries 972
arthroplasty
implant for distal radioulnar joint 983–4
wrist 980
total 981–2
arthroscopy
acetabular labral tears 886–7
distal radial fracture 969–71
evaluation 970–1
reduction 433–4, 435, 918–19
vs. fluoroscopy 971
dorsal wrist ganglion cysts 975–6
femoroacetabular impingement 893–4
hip dislocation 471–2
knee 60
sports injury 799–800
lunotriquetral ligament injury 974–5
meniscal tears 805, 806
meniscectomy 808–9
perilunate dislocations 438–9
post-traumatic avascular necrosis of proximal humerus 354
radial head fractures 399–400
scaphoid fracture 456–7
scapholunate ligament injury 974–5
triangular fibrocartilage complex injuries 969, 971–4
wafer procedure 973–4
wrist 433–4, 435, 969–76
distal radial fracture evaluation 970–1
dorsal wrist ganglion cysts 975–6
aspirin 63
atrial fibrillation, bisphosphonate side-effects 48–9
autologous blood donation 73
autologous chondrocyte implantation (ACI) 848, 849, 850
avascular necrosis
acetabulum fracture 613
femoral head 474
femoral neck fractures 482
proximal humerus
fractures 364
post-traumatic 351–8
back pain
spinal metastases 721
see also low back pain
background question 28
Becker technique, modified, extensor tendon surgery of hand 1040
bed rest, low back pain 681
benefits vs. harms 10
beta-blockers
perioperative medical management 96
risks of perioperative use 96
bias 13, 28
citation 28
hierarchy of evidence 4
publication 27, 28
selection 28
verification 15
workup 15
biceps, pathology of long head 772–3, 774, 775, 776, 777–9
diagnosis 772–3, 774, 775
nonoperative treatment 775
surgical treatment 775, 777–9
bisphosphonate therapy 38, 44, 45
fracture healing effects 44, 46–8
long-term safety 48–50
side effects 48–50
spinal metastases 728–30
blinding 14
blood loss, risk with anticoagulants 65
blood transfusion 72–6
acute hemolytic reactions 75, 76
anemia 75
cardiac disease 74
frequency 73–4
hemoglobin level for trigger 74
importance of problem 72–3
infection risk 75, 76
patient function effects 75
physiology 72
risks 75–6
with anticoagulants 65
strategies to reduce rate 73–4
thresholds 74
tissue oxygenation 75
Bohler’s angle of calcaneus fractures 577
bone allografts see allograft-prosthetic composite (APC);
impaction allografting; morselized impaction graft;
ostearticular allograft; structural bulk allografts
bone cement
femoral component revision in total hip arthroplasty 188–9, 194
see also antibiotic laden bone cement (ALBC); calcium phosphate bone cement
bone graft(s)
adolescent idiopathic scoliosis 715–16
calcaneus fractures 578–9
distal radial fractures 933, 934
scaphoid fracture nonunion 948, 949
types 644–5
see also calcium phosphate bone cement
bone graft substitute
adolescent idiopathic scoliosis 716
calcaneus fractures 578–9
calcium phosphate suitability 645
distal radial fractures 933, 934
proximal tibia fracture 536
bone mineral density (BMD) 38, 40–1
bisphosphonate effects 729
distal radial fractures 926
fracture healing 104
bone morphogenetic protein, recombinant human (rhBMP)
106–7, 108, 109, 110
complications 110
bone morphogenetic proteins (BMPs) 199
see also OP-1
bone sarcoma
allograft-prosthetic composite 1097, 1098
endoprosthesi 1097, 1098
importance of problem 1097
ostearticular allograft 1097, 1098
postoperative complications 1098, 1100
proximal humerus 1098, 1099, 1100–2
functional outcome 1100
implant survival 1101–2
limb salvage 1100–1
relative risk of procedures 1101
proximal tibia 1102, 1103–4, 1105–6
implant survival 1105
limb salvage 1105
outcome 1105
postoperative complications 1102, 1103–4, 1105
reconstruction 1097
surgery 1097–8, 1099, 1100–2, 1103–4, 1105–6
bone scintigraphy
painful total hip arthroplasty 181, 182
scaphoid fracture 446–7, 940
triple-phase bone scanning 182
botulinum toxin treatment, flexor tendon surgery of hand
1065–6
Bunnell repair, modified, extensor tendon surgery of hand
1040
bursography, snapping hip syndrome 899, 900
C-reactive protein (CRP)
infection in painful total hip arthroplasty 181
wound infection diagnosis 81, 82
calcaneal artery, lateral 574
calcaneofibular ligament (CFL) 862
calcaneal fractures 574–80
anatomy 574
bilateral injury 577
Bohler’s angle 577
bone grafts/bone graft substitute 578–9
complications 579–80
importance of problem 574
intra-articular 578–9
displaced 577, 579–80
minimally invasive treatment 577–8
nonoperative treatment 575–6
complications 579–80
outcome prediction 576–7
operative treatment 575–6
complications 579–80
outcome prediction 576–7
outcomes 575–6
prediction 576–7
Sanders’ classification 577
subtalar arthrodesis 575
calcitonin 45
osteoporosis treatment 44
calcium
hip fracture risk reduction 42
homeostasis 104
calcium phosphate bone cement 933
benefits 644–5
bone graft type 644–5
fracture repair 642–8
injectable 428, 431
with ORIF 644
periarticular fractures 644
resorption 645–6, 647
types of fracture for fixation 643–4
calcium phosphate resins 645
calcium sulfate bone graft substitute 645
proximal tibia fracture 536
cam impingement 879, 892
Canadian Association of Radiologists/Osteoporosis Canada (CAROC) tool 42, 43
Canadian C-spine rule (CCR) 670, 671
carbonated hydroxyapatite bone graft 933
cardiac disease, blood transfusion 74
CAROC (Canadian Association of Radiologists/Osteoporosis Canada) tool 42, 43
carpal bone mobilization 1016
carpal fractures 443–59
anatomy 443
casting 450–2, 456
diagnosis 444–7
delayed 455
displaced 455–7
importance of problem 443, 445
internal fixation 452–5
proximal pole 457–8
surgical technique 452–5, 456–8
treatment 447–50, 452–8
delayed diagnosis 455
undiplaced 447–55, 457–8
carpal tunnel syndrome
anatomy 1012, 1021
conservative management 1012–19
surgical management comparison 1023
diagnosis 1021–3
diagnostic imaging 1022–3
diagnostic test accuracy 1012–13
electromyography 1021–2
endoscopic release 1024, 1025
exercise 1015–16
importance of problem 1012
KnifeLight technique 1024, 1025
laser therapy 1014–15
local corticosteroid injections 1016–17
mobilization 1015–16
narrative review of diagnostic tests 26
nerve conduction studies 1021–2
nerve gliding exercises 1015–16
NSAIDs 1017, 1018
open release 1024, 1025
oral therapies 1017–18
short scar technique 1024, 1025
Index

carpal tunnel syndrome (cont’d)
  splinting 1013–14
  surgical management 1021–5
    conservative management comparison 1023
    methods 1023–5
    ultrasound 1014–15
    yoga 1015, 1016
  case-control studies 8–9
  case reports 9
  case series 9
  cavo-varus foot deformity 317–21
    anatomy 317
    importance of problem 317
    orthotic use 318
    outcome studies 317
    physiotherapy 318–19
    reconstructive surgery timing 319
    surgical outcomes 319–20, 321
  celecoxib, heterotopic ossification prophylaxis 378, 379
  cement
    femoral component revision in total hip arthroplasty 188–9, 194
    see also antibiotic laden bone cement (ALBC); calcium phosphate bone cement; total knee arthroplasty, cemented fixation
  ceramics
    alumina 153, 154–5
    structural bulk allografts 199
    total hip arthroplasty 153–62
  cervical manipulation, neck pain 666–7
  Chalmers score 28
  characterized chondrocyte implantation (CCI) 849, 850
  Charcot joint 236–40
    arthrodesis 239–40
    arthroplasty 238–40
    complications of operative treatment 239–40
    disorders causing 237
    fusion 238–9
    importance of problem 236–7
    incidence 237
    morbidity 237
    nonoperative treatment 238
    total knee arthroplasty 239–40
    complications 239–40
  Charcot neuroarthropathy 236–7
    diagnostic accuracy 237–8
    differential diagnosis 238
    osteochondral fragmentation 238
    osteonecrosis 238
    presentation 238
  Charcot—Marie—Tooth disease 317–21
    anatomy 317
    fusions 320, 321
    importance of problem 317
    orthotic use 318
    osteotomy 320, 321
    outcome studies 317
    physiotherapy 318–19
  reconstructive surgery timing 319
  soft tissue surgery 320, 321
  surgical outcomes 319–20, 321
  chemotherapy, soft tissue sarcoma 1088–90, 1091–3, 1093–5
    adjuvant 1092–3, 1093–4
    neoadjuvant 1090, 1091, 1093
  chest trauma causing pulmonary complications with femoral shaft fractures 511–12, 513, 517
  citation bias 28
  clavicle fracture 332–3, 334, 335–9
    acute repair 338
    anatomy 332
    classification 332, 334
    complications of treatment 336
    delayed reconstruction 338
    displaced 335
    optimal treatment 335–7
    figure-of-eight immobilization 333
    healing 335
    importance of problem 332
    intramedullary pins 337–8
    malunion 338
    nonoperative treatment 333, 336–7
    poor outcomes 333, 335
    nonunion 335, 338
    operative techniques 336, 337–8
    permanent disability 335
    pinning 337
    plate fixation 336, 337–8
    acute 338
    slings 333
  clinical coordinator model 38, 40
  clinical outcomes, therapeutic studies 22
  clinical studies, classification 13
  clinicians
    evidence as guidance 6
    judgement 5
  closed kinetic chain (CKC) exercise 855, 856
  Cobb angle, idiopathic scoliosis 702, 703, 704
  cohort studies 8
  colchicine
    gastrointestinal toxicity 89
    gout prophylaxis 90–1
    gout treatment 88–9
    urate-lowering therapy 90–1
  collagenase injection, Dupuytren’s disease 1034
  compartment syndrome 627–34
    analgesia 629–30
    anatomy 627
    clinical signs/symptoms 629–30
    diagnosis 629–30
    fasciotomy 628
    pressure threshold 632–3
    timing 632
    importance of problem 627–8
    intracompartment pressure measurement 630–2
  Lisfranc injury 590
  perfusion pressure 633
risk factors 628–9
tibia shaft fracture 546–7
treatment 628
complex regional pain syndrome
  Lisfranc injury 590
  ORIF treatment for scaphoid fracture 943
computed tomography (CT) 605–6
  acetabulum fracture 605–6
  bone defects in total knee arthroplasty 250
carpal tunnel syndrome 1023
coronoid fracture 386–7, 388
distal femoral fractures 523–4
distal humerus fractures 376
distal tibial fracture 552–3
elbow fracture 386–7, 388
glenoid wear/glennoid bone stock 264–5
hip dislocation reduction 470–1
lateral ankle ligament lateral injury 864
Lisfranc injury 586
low back pain 679–80
neurogenic claudication 695
painful total hip arthroplasty 182
patellar problems in total knee arthroplasty 258
perilunate dislocations 438–9
proximal humerus fractures 360–1
rotator cuff tear 754–5
scaphoid fracture 940
scapular fracture 344
shoulder chronic instability 748
soft tissue sarcoma 1089
spinal stenosis 688
total shoulder arthroplasty 271–2
confidence intervals 14
therapeutic studies 21
CONSORT (Consolidated Standards of Reporting Trials)
  statement 15
coronoid fracture, anteromedial 384, 385–8
  nonoperative treatment 388–9
    complications 391–3
  operative treatment 388–9
    complications 391–3
    fixation 389–90
corticosteroids
carpal tunnel syndrome
  local injections 1016–17
  oral 1017–18
gout treatment 90
injections
  carpal tunnel syndrome 1016–17
  tennis elbow 789–90
  trapeziometacarpal joint osteoarthritis 958
  intra-articular for gout 88
  patellofemoral pain syndrome 858
  spinal metastases causing cord compression 722–3
  subacromial 765–6
  see also steroid therapy, epidural
cost(s), types 32
cost-benefit analysis (CBA) 32
cost-benefit ratio 32
cost-effectiveness analysis (CEA) 31, 33
cost-minimization analysis (CMA) 30–1
cost-utility analysis (CUA) 31–2, 33
coxa profunda 882
coxal saltans 898–903
crankshaft phenomenon, adolescent idiopathic scoliosis 712
creatine supplementation 905–8
  adverse side effects 907–8
  dosage 907
  effectiveness 905–7
  muscle mass 907
  physiology 905
creeping substitution 187
critical appraisal
  applicability 17–19
  guidelines 15–16
  meta-analyses 28
  results 17–19
  steps 13–15
  systematic reviews 28
  tools 12–16
  validity 17–19
cuneiform bones 583
D-dimer assay 57, 58
dabigatran etexilate 63
damage control orthopedics (DCO) 649–53
  blood loss reduction 650
  complications reduction 650–1, 652
  definition 649
  importance of problem 649–50
  local infection risk 652–3
  mortality reduction 650–1, 652
  patient condition 649, 650
  posttraumatic inflammatory response 652
  primary operation time reduction 650
Darrach procedure, distal radioulnar joint 982–3
deep vein thrombosis (DVT) 56
  acetabulum fracture 603
  diagnosis 57
  orthopedic patients 60
  postoperative 59
  prophylaxis for acetabulum fracture 608–9
  ultrasonography 57, 58
  Well’s prediction rule 58
degenerative disc disease 100, 101
  low back pain 675
delayed union 636–7
  ESWT use 636, 638, 639–40
  LIPUS use 545–6, 636, 638, 639
  PEMF use 636, 638–9
delirium prevention, perioperative medical management 94–5
demineralized bone matrix (DBM) 199, 716
denosumab 45
  osteoporosis treatment 44
diabetes, fracture healing risk factor 101, 103
Index

diagnostic studies 19–21
  applicability 20–1
  carpal tunnel syndrome 26
  hierarchy of evidence 17, 18
  results 20
  validity 19, 20
diagnostic tests
  reference standard 20
  replication 20
  studies investigating 15
  user’s guide for articles 19
disability adjusted life years (DALYs) 31
disc see degenerative disc disease; intervertebral discs
disease-modifying antirheumatic drugs (DMARDs), biologic 1047–9
distal interphalangeal joint (DIP), fractures 990
distal radioulnar joint (DRUJ) 930
  arthrodesis 983
  Darrach procedure 982–3
  degenerative disease 420–1
  Galeazzi fracture 417, 420
    operative management 420–1
  implant arthroplasty 983–4
  incongruity in rheumatoid arthritis 980, 981
  involvement in radial shaft/Galeazzi fractures 417–18
  K-wire fixation 421
  rheumatoid arthritis 982–4
  Suave-Kapandji procedure 983
  surgical reconstruction 420–1
  synovitis 1050–1
  temporary transfixion 420–1
diuretics, carpal tunnel syndrome 1017, 1018
dual energy X-ray absorptiometry (DXA) 38, 40
Dupuytren’s diathesis 1035–6
Dupuytren’s disease 1029, 1030, 1031–7
  anatomy 1029, 1030–1
  collagenase injection 1034
  flexion contractures 1034
  hand vibration 1029, 1031
  histological classification 1036, 1037
  importance of problem 1029
  limited fasciectomy 1033–4
  pathoanatomy 1032
  percutaneous needle fasciotomy 1033–4
  postoperative splinting 1034–5
  proximal interphalangeal joint contractures 1031–3
  recurrence prediction 1035–7
  repetitive manual work 1029, 1031
  total passive extension deficit 1033–4

early total care (ETC) 649, 650, 651
echocardiography, perioperative medical management 93–4
economic analysis 30–4
  costs 32
  interpretation 33–4
  perspectives 32–3
  sensitivity analyses 33
  time horizon 33
types 30–2
elementary
  anteromedial coronoid fracture 384, 385–8
    complications of treatment 391–3
    fixation 389–90
    nonoperative treatment 388–9, 391–3
    operative treatment 388–9, 391–3
  collateral ligaments 383–4
    repair 390, 394
  fracture—dislocations 383–94
    anatomy 383–4
    classification 384–5
    coronoid fracture 384, 385–90, 391–3
    CT scans 386–7, 388
    functional outcomes 393–4
    importance of problem 383
    mechanism of injury 384–5
    nonoperative treatment 388–9
    open reduction and internal fixation 390–1, 394
    operative treatment 388–9
    radial head arthroplasty 390–1
    radiography 387, 388
    terrible triad injury 388–9, 390–1, 393–4
  ligaments 385
  olecranon fractures 409–15
  pain 374
  ring of instability 384
  stability 383
  tennis elbow 787–94
  total arthroplasty 379
  see also ulnar collateral ligament injury
  electromagnetic radiation
    flexor tendon surgery 996
    see also pulsed electromagnetic fields (PEMF)
electromyography (EMG), carpal tunnel syndrome 1021–2
endoprosthesis
  bone sarcoma 1097, 1098
  proximal humerus 1098, 1100–2
ergogenic aids 905–8
  adverse side effects 907–8
  effectiveness 905–7
erythrocyte sedimentation rate (ESR)
  infection in painful total hip arthroplasty 180–1
  wound infection diagnosis 81, 82
erthropoietin, preoperative administration 73–4
  evidence
    application 5
    consistency 10
    criteria for determining level 12–13
    cycle 5
    directness 10
    grades 12–13
    integration with clinical expertise 4
    need for 4
    overall quality 9–10
    scales 9
    translating to specific setting 10
    unequal 4
    use by clinician 6
  exclusion criteria 28
exercise
adolescent idiopathic scoliosis 703–4
carpal tunnel syndrome 1015–16
eccentric in Achilles tendinopathy 873–4
efficacy 874–5
with low-level laser therapy 875–6
platelet-rich plasma injection comparison 876
with/without heel brace 874
metacarpal fractures 988–9
motion after proximal humerus fractures 361–2
open kinetic chain exercise 855, 856
patellofemoral pain syndrome 855–7
proximal humerus fractures 361–2
retraining for vastus medialis obliquus muscle 855, 856
stretching for tennis elbow 791–2
trapeziometacarpal joint osteoarthritis 957, 958
expanded polytetrafluoroethylene (e-PTFE), flexor tendon surgery 996
extensor tenodesis surgery of hand 1039–44
anatomy 1039
complications of repair 1043–4
early passive mobilization 1041–2
optimal protocol 1042
functional outcome prediction 1043
immobilization program 1041–2
importance of problem 1039
local anesthesia 1040–1
repair techniques 1039–40
extracorporeal shock wave therapy (ESWT)
shoulder impingement syndrome 766–7
tennis elbow 789, 790
tibia shaft fracture 636, 638, 639–40
see also shockwave therapy
extremities
mangled 655–9
see also named anatomical regions
fabellofibular ligament 841
FABER distance test 893
facet blocks, low back pain 684
FDG-PET, painful total hip arthroplasty 182
femoral component revision in total hip arthroplasty 186–96, 197, 198–200
anatomy 196
femoral defect classification 196
impaction allografting 187–8
biomechanical factors 188–9
results 190–2, 193
technical aspects 189–90
importance of problem 197
morselized impaction graft, incorporation into bone 197–8
structural bulk allografts 186–96, 197, 198–200
uncemented revision 199–200
femoral defect classification 196
femoral fractures
atypical 50, 51
distal 522–6
anatomy 522, 523
classification 522, 523
CT 523–4
dislocation 522
femoral artery injury 522
importance of problem 523
nail fixation 525
operative fixation around total knee replacement 525–6
osteosynthesis 525
plate fixation 525
popliteal artery injury 522
periarticular 171–6
proximal (see subtrochanteric fractures)
see also femoral head fractures; femoral neck fractures
femoral head
avascular necrosis 474
blood supply to epiphysis 137
damage in acetabulum fracture 613
size in total hip arthroplasty 133–4
femoral head fractures 474–8
anatomy 474
closed reduction 475
complications 477
fragment excision/repair 477
importance of problem 474
nonoperative treatment 475–6
open reduction and internal fixation 475
outcome 478
surgical approach 476
femoral intercondylar notch, notch width index 833
femoral neck, anatomy 137
femoral neck fractures 480–9
anatomy 37
anesthesia 486, 487
antibiotic use 486, 487
arthroplasty 481–2, 484, 485
avascular necrosis 482
best evidence 7
case scenario 37
closed reduction 483, 484
hemiarthroplasty 484, 485
hip resurfacing 149
hip resurfacing 149
impact of fracture 483, 484
implants 482–3
internal fixation 481–2
open reduction 483, 484
optimal approach to fixing 483–4
perioperative care 485–7
postoperative 146
replacing 484–5
screw fixation 482–3
sliding hip screw 482–3
surgical delay impact on morbidity/mortality 487–8, 489
total hip arthroplasty 484, 485
femoral offset, total hip arthroplasty/hip resurfacing 140–1
femoral shaft, biomechanics 504
femoral shaft fractures 504–14, 515, 516–17, 518, 519
anatomy 504
antegrade nailing optimal entry oint 506–7
femoral shaft fractures (cont’d)
ARDS 512, 514, 515, 516
chest trauma causing pulmonary complications 511–12, 513
CNS complications 513, 517
concomitant fracture of ipsilateral femur 505–6
damage control orthopedics 514, 515, 516
delayed union 507, 508, 510
eye total care 514, 515, 516
femoral plating 517
functional impairment 517, 518, 519
head injury 513–14, 517
implant failure 508
importance of problem 504–5
incidence 504
intramedullary nails 506–9
antegrade nailing 509–10
optimal timing with head injury 513–14
optimal timing with pulmonary complications 511–12, 513
reamed 517
retrograde nailing 509–10
malunion 510
manual traction 510–11
mortality 512, 513, 516, 517
multiple organ failure 514, 516
nonunion 507, 508
pain 510
postoperative 146
pulmonary complications 508–9, 513
reamed nails 507–9
unreamed nails 507–9
femoroacetabular impingement (FAI) 879, 884, 886, 892–6
anatomy 892
anterior impingement test 893
arthroscopic treatment 893–4
athletes return to sport 895
diagnosis 893
FABER distance test 893
importance of problem 892
labral tears 879, 884, 886, 894–5
open treatment 893–4
physical examination 893
tests 893
femoroplasty, acetabular labral tears 886
figure-of-eight repair, extensor tendon surgery of hand 1040
fingers
anatomy 987
fractures 987–91
classification 988
importance of problem 987
mallet 990
motion/function after fixation 990–1
ORIF 989
pinning 989
plate fixation 990–1
radiological characterization 988
treatment 988–91
replantation 1072–8
anatomy 1072
early range of motion therapy 1077
functional outcome 1074–5
importance of problem 1072
postoperative anticoagulant/antithrombotic agents 1076–7
tertiary hospitals 1072–3
vein and artery anastomoses 1075–6
revision amputation 1074–5
see also interphalangeal joint (IPJ); metacarpal fractures;
malecarphalangeal (MCP) joint; proximal
interphalangeal joint (PIP)
first-hit phenomenon 652
flexion contractures, Dupuytren’s disease 1034
flexor digitorum profundus (FDP) tendon 998
avulsion injuries 1064–8
botulinum toxin treatment 1065–6
optimal fixation 1064–5
laceration
diagnosis 1000–1
functional outcome 1005–7
postoperative mobilization 1002–5
flexor digitorum superficialis (FDS) tendon 998
laceration
diagnosis 1000–1
functional outcome 1005–7
postoperative mobilization 1002–5
flexor retinaculum lengthening, carpal tunnel syndrome open
release 1024
flexor tendon pulley system of hand 1057, 1058
flexor tendon surgery of hand 1057–68
adhesion prevention 993–6, 1066
anatomy 993, 998–9, 1057
botulinum toxin treatment 1065–6
electromagnetic radiation 996
flexor digitorum profundus avulsion injuries 1064–8
functional outcome 1005–7
imaging 1066–8
importance of problem 993–4, 999, 1057
injury classification 1057, 1058
management 994–5
mechanical barriers 995–6
partial lacerations 1063, 1064
pharmacological agents to increase recovery/function 995
physiology 993
postoperative mobilization 1002–5
rehabilitation 998–1008
postoperative mobilization 1002–5
repair type 1002
splinting 1005
Strickland and Glogovac criterion 1060, 1061
suture configuration for strongest repair 1058–60
suture materials 1060–3
TenoFix device 1062, 1063
ultrasound 996
zones 998–9, 1057, 1058
flexor tenosynovectomy, rheumatoid hand 1051–2
floating shoulder fractures 345
fluoroscopy, distal radial fracture vs. arthroscopy 971
5-fluorouracil, increase of recovery/function in flexor tendon
surgery 995
fondaparinux 62, 63
foot
  calcaneus fractures 574–80
  cuneiform bones 583
  gouty arthritis 86
  metatarsal fractures 583–91
  Roman arch structure 583, 584
  talus fractures 567–73
  see also ankle; cavo-varus foot deformity; metatarsal fractures; metatarsophalangeal (MTP) joint
foot insoles/orthoses 857, 858
foot pumps 61
forearm fractures 416–23
  anatomy 416
  bone grafting 419–20
  comminuted diaphyseal 419–20
  complications 421–2
  distal radioulnar joint involvement 417–18
  importance of problem 416–17
  nonsurgical treatment 418–19
  open reduction and internal fixation 418–19
  plate removal 421–2
  refracture risk 421–2
  union rate 419–20
four-corner fusion (4CF) 965, 966
  complications 967
  definition 963
  osteoarthritis progression 967
  outcome 966
fracture(s)
  atypical 50, 51
  bisphosphonate effects on healing 44, 46–8
  fragility 40–2
  comanagement 95
  femoral periprosthetic fractures after total hip arthroplasty 172
  internal fixation 7, 78, 83
  open 617–24
    anatomy 617
    antibiotic bead pouch placement 621–3
    antibiotic use 618, 619
    delayed wound closure 623
    importance of problem 617–18
    initial management 618–19
    irrigation techniques 619–21
    mangled extremity 655–6
    negative pressure wound closure therapy 621–3
    soft tissue closure 623–4
    surgery timing 619
    vacuum-assisted closure 621–3
  osteoporotic 37, 40–2
  periarticular 644
  prediction of future 40–2
  thromboprophylaxis 56
  see also delayed union; named bones and regions; nonunion
fracture healing
  aging effects 101–3
  alcohol abuse 102, 105–6
  anatomy 100–1
  appendicular skeleton 106–7
  bone mineral density 104
  calcium phosphate bone cement 642–8
  diabetes effects 101, 103
  factors affecting 101–6
  health-related quality of life 638–40
  HIV/AIDS 104
  importance of problem 101
  lack of 100
  nutritional deficits 103–4
  obesity 104
  risk factors 101–6
  smoking 105–6
  see also delayed union; extracorporeal shock wave therapy (ESWT); low-intensity pulsed ultrasound (LIPUS); nonunion; pulsed electromagnetic fields (PEMF)
Fracture Risk Assessment Tool (FRAX) 41–2, 43
gabapentin, neurogenic claudication 696, 699
Galeazzi fracture 417
  complications 420
  distal radioulnar joint 420
  involvement 417–18
  K-wire fixation 421
  operative management 420–1
  functional outcome 420
  nonoperative management 420
  open reduction and internal fixation 421
  operative treatment, timing 420
  range of motion 420–1
  gastrocnemius muscle 872
  generalizability of results 13
  glenohumeral joint
    anatomy 263
    dislocation 737–42
    osteoarthritis 263, 284, 285
    osteophytes 264
    scapular fracture 342
  glenoid
    defect 749
    fixation 284–92
    failure 284
    imaging of bone stock/wear 264–5
    retroversion 284, 286
    version 271–2, 284
  glenoid component
    all-polyethylene 274–5, 287–8
    cemented 287–8
    cementing 274
    keeled 288–90
    loosening 271
    determination of clinically relevant 285–6
    reverse total shoulder arthroplasty 281
    metal-backed 274–5, 287–8
    pegged 288–90
    radial mismatch 286–7
    radiographic lucent lines 290–1
    selection 287–90
    uncemented 287–8
    version 271–2, 284
glenopolar angle (GPA) 341, 344
glucosamine, trapeziometacarpal joint osteoarthritis 957–8
glucosamine polysulfate injection, patellofemoral pain syndrome 858
gluteus maximus muscle, posterior fiber fibrosis 898
glyceril trinitrate, topical
Achilles tendinopathy 875
shoulder impingement syndrome 767
goniometric measurement 231
see also range of motion
gout
   colchicine treatment 88–9
diagnosis 87
healthcare costs 86
treatment 88–91
urate-lowering therapy 90–1
Gross classification of acetabular bone deficiency 205, 207
grades of recommendation 9–11
graduated compression stockings 61
hazard ratio 14
head injury, femoral shaft fractures 513–14, 517
heel brace, Achilles tendinopathy 874
hemoglobin 72
   level for transfusion trigger 74
heparin
   low-dose unfractionated (LDUH) 62, 63, 64
   low molecular weight (LMWH) 62, 63, 64, 65
   thromboprophylaxis
   acetabulum fracture 608–9
   pelvic fracture 598
hereditary motor sensory neuropathy (HSMN) 317
see also Charcot—Marie—Tooth disease
heterotopic ossification
acetabulum fracture 603, 609
complications of orthobiologics 110
hip resurfacing 146
Monteggia fracture-dislocations 407
olecranon fractures 413, 414
prophylaxis for distal humerus fractures 378–9
total ankle arthroplasty 300
total hip arthroplasty 146
hierarchy of evidence 4, 7–11, 17
meta-analyses 27
narrative review 27
systematic reviews 27
systems 9
therapeutic studies 7–8
highly crosslinked polyethylene (HCLPE) 131–5, 153
Hill-Sachs lesion 745, 747
hip
   aspiration, culture and sensitivity 181
   compartments 881
   femoral head fractures 474–8
   fracture—dislocation reduction 475
   infection in painful total hip arthroplasty 181
   muscle weakness in patellofemoral pain syndrome 856–7
   revision surgery 150, 197
   snapping 898–903
see also acetabular entries; acetabulum entries;
femoroacetabular impingement (FAI); labral tears,
acetabular; total hip arthroplasty
hip arthroscopy
   acetabular labral tears 886–7
   femoroacetabular impingement 893–4
   hip dislocation 471–2
   hip dislocation 468–72
   anatomy 468
   arthroscopy 471–2
   complications 468
   costs 468
   hip reduction urgency 469–70
   imaging after reduction 470–1
   importance of problem 468–9
   loose bodies 472
   osteoarthrosis 468, 470
   osteonecrosis 468, 469, 470
   hip dysplasia, acetabular labral tears 887–8
   hip fracture 37–51
   anatomy 93
   blood transfusion 72
   delirium following surgery 94–5
   diagnosis 37
   evaluation 38, 39–40, 40
   importance of problem 93
   intracapsular 480–9
   anatomy 480
   arthroplasty 481–2
   implants 482–3
   importance of problem 480
   internal fixation 481–2
   optimal approach to fixing 483–4
perioperative care 485–7
surgical delay impact on morbidity/mortality 487–8, 489
intratrochanteric 491–5
medications 42, 44, 45–6, 46–51
mortality 480, 481
surgical delay impact 487–8
perioperative medical management 93–7
prediction of future fractures 40–2
RCTs 39–40
revision surgery 480, 481
risk assessment 43
risk reduction 42, 44, 45–6
subtrochanteric 497–500, 501, 502
surgical repair 97, 480
therapy 38
treatment 38, 39–40, 40
see also total hip arthroplasty
hip navigation systems 122–3, 124
training 125
see also total hip arthroplasty, computer navigation
hip resurfacing 137–41, 142–4, 145–6, 147, 148–51
acetabular bone stock 139–40
activity level 141
biomechanical reconstruction precision 140–1
clinical outcomes 141, 142–4
complications rate 145–6, 147
dislocation 146
failure rate 148–9, 183
femoral component loosening 146, 149
femoral neck fractures 149
femoral offset 140–1
gait 145
heterotopic ossification 146
hip motion 141, 144–5
hospitalization 138–9
importance of problem 137–8
infections 146
leg length 140–1
metal ion release 146, 148
postural balance 145
range of motion 144–5
revision surgery 150
surgical technique 138–9
HIV/AIDS, fracture healing 104
hormone replacement therapy (HRT) 46
osteoporosis treatment 44
hospitalization, mangled extremities 657
human amniotic fluid (HAF), increase of recovery/function in
flexor tendon surgery 995
Humanitarian Device Exemption (HDE) 110
humeral head
collapse 352
ischemia 363–4
humeral head replacement
cemented 273
hydroxyapatite coated 273
neutral rotation 280
outcome 265–6
revision rate 268
survivorship in young active patients 267
uncemented 273
humeral shaft fractures 366–73
anatomy 366
angulation 367
comminuted 368–70
displaced 368–70
functional fracture-bracing 367–8
importance of problem 366
infection 372
intramedullary nailing 368–70
nerve injury 370, 372
nonoperative approach 367–8
open reduction and internal fixation 368–70
plate fixation 368–70
complications 371–2
failure predictors 370–1
locking/nonlocking plates 370–1
radial nerve injury recovery 370
screw fixation complications 371–2
shortening 367
union rate 367
humerus, anatomy/innervation 367
humerus, distal, fractures 374–80
anatomy 374
CT preoperative scanning 376
elderly patients 379
fixation
optimal strategy 377
surgical approach 376–7
heterotopic ossification prophylaxis 378–9
importance of problem 374
K-wire fixation 377
open reduction and internal fixation 379
plate fixation 377
total elbow arthroplasty 379
ulnar nerve transposition 377–8
humerus, proximal
allograft-prosthetic composite 1098, 1100–2
bone sarcoma 1098, 1099, 1100–2
functional outcome 1100
implant survival 1101–2
limb salvage 1100–1
relative risk of procedures 1101
endoprosthesis 1098, 1100–2
osteoarticular allograft 1098, 1100–2
humerus, proximal, fractures 360–4
anatomy 360
arthroplasty 363
prognostic factors 364
avascular necrosis 364
classification 360–1
CT scan 360–1
displaced 362–3
elderly patient 363–4
exercise to regain motion 361–2
fracture dislocations 363
humeral head ischemia prediction 363–4
importance of problem 360
humerus, proximal, fractures (cont’d)
  internal fixation 364
  management 360–1
  minimally displaced 361–2
  nonoperative treatment indications 362–3
  open reduction and internal fixation 363
  operative treatment
    indications 362–3
    methods 363
  outcome prediction 363–4
  pain 362
  radiographs 361
  shoulder function 361–2
  tension-band wiring 363
humerus, proximal, post-traumatic avascular necrosis 351–8
  anatomy 351
  arthroplasty 353
    indications 354–7
    outcomes 355, 356
    resurfacing 356, 357
    revision rates 357
    scores 356
    total shoulder 354–5
  arthroscopic debridement 354
  core decompression 354
  disease at presentation 352–3
  hemiarthroplasty 354–5
  importance of problem 351
  natural history 352–3
  nonarthroplasty options 353–4
  prognosis 352–3
  surgery requirement 353
  survivorship analysis 353
hyaluronic acid, injection for trapeziometacarpal joint osteoarthritis 958
hyaluronic acid, increase of recovery/function in flexor tendon surgery 995
hyperuricemia 86
ibandronate 44, 45
iliac crest bone graft (ICBG)
  adolescent idiopathic scoliosis 715–16
  proximal tibia fracture 536
iliopsoas tendons 898, 899
  endoscopic release 902
  lengthening 901, 902
iliotibial band thickening 898
impaction allografting
  complications 198
  component subsidence 198
  dislocation 198
  results 190–2, 193
  specialist centers 191–2, 193
  technical aspects 189
  technical popularity 199–200
  technique standardization 189
  inclusion criteria 28
  incremental cost-effectiveness ratio (ICER) 31, 33, 34
  incremental cost-utility ratio (ICUR) 31, 33
incremental costs 34
indomethacin, heterotopic ossification prophylaxis 378, 379
infections
  ankle arthrodesis 296
  hip resurfacing 146
  humeral shaft fracture repair 372
  Monteggia fracture-dislocations 407
  olecranon fractures 413, 414
  preoperative test in painful total hip arthroplasty 180–1
  reverse total shoulder arthroplasty 281
  risk
    blood transfusion 75, 76
    damage control orthopedics 652–3
    structural bulk allografts 198–9
  total ankle arthroplasty 301
  total hip arthroplasty 146
  total knee arthroplasty 214
  antibiotic cement use 214–15
  see also surgical site infections (SSI); wound infections
  inferior vena cava (IVC) filters 61–2
  pelvic fracture prophylaxis 596–7
  types 62
inflammatory response, posttraumatic 652
injectable calcium phosphate bone cement 428, 431
injury severity score (ISS) 649
intention-to-treat principle 13
intercarpal ligament injury, distal radial fractures 970
intermediate pneumatic compression 61
internal fixation of fractures
  femoral neck fractures 7
  infected hardware management 83
  infection 78
  interphalangeal joint (IPJ)
    arthritis incidence 312
  fractures
    importance of problem 987
    proximal interphalangeal joint fracture-dislocation 989
interproximal fractures 491–5
  anatomy 491
  classification 491, 492, 493
  importance of problem 491
  intramedullary nails 493–4, 495
  leg shortening after 494–5
  operative treatment timing 493
  sliding hip screw 493–4
  treatment options 493–4
  unstable 492–3, 495
intervertebral discs 675
  excision in adolescent idiopathic scoliosis 712
  see also degenerative disc disease
  intrascaphoid angle 443, 444
  irrigation, open fractures 619–21
Jadad score 28
jaw osteonecrosis, bisphosphonate side-effects 49–50
joint aspiration, urate crystals 87
Kessler technique, modified for extensor tendon surgery of hand 1040
knee anatomy 236
Index

Lisfranc injury (cont’d)
delayed diagnosis 589–90
diagnosis 585–6
imaging 586
incidence 583
misdiagnosis 589–90
radiographs 586
return to preinjury level of sport 589
vascular injury 590
literature search, quality 28
long head of biceps tendinopathy 772–3, 774, 775, 776, 777–9
anatomy 772
arthroscopy 777–8
biceps tenotomy 777
clinical examination 772–3, 774
diagnosis 772–3, 774, 775
imaging 773, 775, 776
importance of problem 772
nonoperative treatment 775, 777
choice of method 777–9
tenodesis 778–9
low back pain
acute 680–1
analgesia 681, 682
anatomy 675, 678
bed rest 681
chronic 681–4
complications of treatment 684
degenerative disc disease 675
diagnosis 679–80
epidural injections 684
episode signs/symptoms 682–3
facet blocks 684
health status at onset 682
importance of problem 675–6, 678–9
lumbar fusion 676
lumbar imaging 679–80
mechanical 675–7, 678–85
muscle relaxants 681
nonoperative treatment 676, 678–85
complications 684
optimal approach 680–1, 683–4
nonspecific 680
NSAIDs 681
pain relief 676
prognostic indicators for development 681–3
specific disorders 680
yellow flags 681
see also lumbar spinal stenosis
low-intensity pulsed ultrasound (LIPUS)
patellar tendon dissection 546	
tibia shaft fracture 545–6, 636, 638, 639
lower extremity trauma, venous thromboembolism 60, 61
lumbar spinal stenosis 686, 687
decompression 690
lumbar fusion with decompression 690
neurogenic claudication 694–6, 697–8, 699–700
with spondylolisthesis 689–90
lumbar spine
imaging 679–80
intervertebral discs 675
lunotriquetral ligament injury 969
anatomy/arthroscopy 974–5
magnetic resonance angiography (MRA), labral tears 879, 882–3
magnetic resonance imaging (MRI)
acromioclavicular joint trauma diagnosis 325–7
adolescent idiopathic scoliosis 710–12
anterior cruciate ligament/medial collateral ligament
combined tears 834
arthrography for triangular fibrocartilage complex injuries 972
carpal tunnel syndrome 1023
classification 680
deflexor tendon surgery of hand 1067–8
hip dislocation reduction 470–1
knee
cartilage injury 847–8
sports injury 799–800
lateral ankle ligament lateral injury 864
Lisfranc injury 586
long head of biceps tendinopathy 775
low back pain 679–80
meniscal tears 805, 806
metal artefact reduction sequence (MARS) 182–3
neurogenic claudication 695, 696
painful total hip arthroplasty 182–3
perilunate dislocations 438–9
posterolateral corner injury 842–3
rotator cuff tear 753, 755
scaphoid fracture 446–7, 940
shoulder chronic instability 747–8
shoulder impingement syndrome 764, 765
snapping hip syndrome 899
soft tissue sarcoma 1089
spinal stenosis 688
tennis elbow 788
magnetic resonance imaging (MRI)-A with ABER view, shoulder
chronic instability 747–8
malleolar fractures 561–5
diagnosis 561–2
early mobilization 564–5
importance of problem 561
instability assessment 562
open reduction and internal fixation 564–5
posterior 563–4
radiographs 561–2
syndesmosis injuries 563
mangled extremities 655–9
amputation 655, 656
complications 659
outcome 658–9
resource investment 656–7
scoring systems 658
anatomy 655
hospitalization 657
open fractures 655–6
patient factors affecting success of therapy 657–8
predictors of return to work 658
rehabilitation 657
salvage 655
complications 659
limb 659
outcome 658–9
resource investment 656–7
scoring systems 658
mattress repair, extensor tendon surgery of hand 1040
McMurray test for meniscal tears 803, 804, 805
medial collateral ligament (MCL)
anatomy 832
combined ACL injury 832–5, 835–6, 837–8
injury grading 834, 837
meniscal allograft transplant 807
meniscal tears 803–9
clinical examination 803–5
degenerative 803
diagnosis 803–5
diagnostic tools 805
imaging 805, 806
importance of problem 803
incidence 803
meniscal transplantation 807–8
osteoarthritis 807
patterns 803
repair technique 805–7
tests 803–4
meniscal transplantation 807
synthetic materials 807–8
meniscectomy 807
NSAIDs 808, 809
rehabilitation 808–9
synthetic materials 807–8
mesenchymal stem cells (MSC) 102–3
meta-analyses 8, 26–7
critical appraisal 28
hierarchy of evidence 27
narrative review differences 27–8
publication bias 27
systematic review differences 27–8
metabolic disorders 37–8, 39–40, 40–2, 43, 44, 45–6, 46–51
metacarpal fractures 462–7
anatomy 462
angulated fracture treatment 463–4
casting 463–4, 465
everal mobilization 466
exercise commencement after 988–9
immobilization 463–4, 465
importance of problem 462, 987
mobilization 988–9
occupational therapy 465–6
open reduction and internal fixation 467, 989
optimal treatment 465–7
outcome 465
physical therapy 465–6
pinning 989
rotation deformity 464–5
surgical treatment 464, 465
metacarpophalangeal (MCP) joint
arthroplasty in rheumatoid hand 1052–4
deformities in rheumatoid arthritis 1046
metastases
spinal tumors 721–6
see also spinal metastases
metatarsal fractures 583–91
casts 587
classification 585
diaphyseal stress fractures 585
classification 586
importance of problem 583
nonoperative management 586–7
operative management 586–7
return to preinjury level of sport 589
screw fixation 587
torsional restraint 587
types 584–5
metatarsophalangeal (MTP) joint
anatomy 307–8
osteoarthritis 307–14
stability 308, 309, 312
metatarsophalangeal (MTP) joint arthroplasty
gait change 310
hemiarthroplasty 312, 313, 314
complications 313
interpositional 310–11
Keller’s resection 310–11
metatarsal head resurfacing 313
outcome 312–14
patient satisfaction 311–12
results 312–14
revision rate 311–12
silicone implants 313
survival 312–14
metatarsophalangeal (MTP) joint fusion
biomechanical stability 309
complications 309
fixation 309
gait change 310
internal fixation 310
interphalangeal joint arthritis incidence 312
joint preparation 310
optimal techniques 308–10
pain relief 312
patient satisfaction 311–12
revision rate 311–12
shortening effect 309–10
methicillin-resistant Staphylococcus aureus (MRSA) 80
antibiotic prophylaxis 80–1
 carriers 80–1
prevention bundle 81
screening 80–1
microfracturing (MF) 849
mid-carpal joint, rheumatoid arthritis 980
minimally invasive plate osteosynthesis (MIPO) technique 174
minimally invasive surgery, total hip arthroplasty 125, 164–6, 167, 168–9
MIPO technique 174
misconceptions of evidence-based orthopedics 5–6
Monteggia fracture-dislocations 403–8
diagnosis 403–4
fixation 404–5
heterotopic ossification 407
infection 407
intramedullary fixation 404–5
malunion 406, 407
operative treatment 404–6
complications 406–7
osteoarthritis 407
persistent subluxation/dislocation 406, 407
radial head/neck fracture 405–6
range of motion 407
tension band wire fixation 404–5
ulnar fracture 404–5
morselized impaction graft
acetabular bone loss reconstruction 207–8
femoral reconstruction 251
incorporation into bone 197–8
intraoperative fracture 190
technical popularity 199
tibial reconstruction 251
see also impaction allografting
motor event potential (MEP) neuromonitoring 716
motor vehicle accidents 649
whiplash 669–73
multi-way analysis 33
mupirocin 81
muscle relaxants
low back pain 681
neck pain 666
myeloma
nonoperative management 728–33
operative management 721–6
narrative review 25–6
hierarchy of evidence 27
meta-analysis differences 27–8
systematic analysis differences 27–8
neck pain
acupuncture effectiveness 665–6
analgesics 666
anatomy 663
cervical manipulation 666–7
clinical grading system 663, 664
importance of problem 663
incidence 663
mechanical 663–7
muscle relaxants 666
NSAIDs 666
physical electro-modalities 665
pulsed electromagnetic fields 665
red flags 664
repetitive magnetic stimulation 665
serious spinal pathology 664
stroke risk with cervical manipulation 666–7
TENS 665
Neer test 763, 764
negative pressure wound closure therapy 621–3
nerve conduction studies, carpal tunnel syndrome 1021–2
nerve gliding exercises, carpal tunnel syndrome 1015–16
net impact of treatment 13
net present value 32
neurogenic claudication 686–91
anatomy 686, 694
conservative care 699
diagnosis 695–6
epidural injections of steroids 696, 697–8, 699
complications 699
evaluation 688
gabapentin 696, 699
imaging 688, 695, 696
importance of problem 694
lumbar spinal stenosis 694–6, 697–8, 699–700
nonoperative treatment 688–9, 694–6, 697–8, 699–700
costs 700
effectiveness 696, 697–8, 699
prognosis 699–700
pathophysiology 686
presentation 688
spondylolisthesis 688
surgical treatment 688–9
costs 700
neuropathic joint 236–40
new injury severity score (NISS) 649
non-steroidal anti-inflammatory drugs (NSAIDs)
carpal tunnel syndrome 1017, 1018
gout 88, 90
heterotopic ossification prophylaxis for distal humerus
fractures 378, 379
increase of recovery/function in flexor tendon surgery 995
low back pain 681
meniscectomy rehabilitation 808, 809
neck pain 666
patellofemoral pain syndrome 858
subacromial 765–6
tennis elbow 790, 792
nonunion 636–7
ESWT use 636, 638, 639–40
LIPUS use 545–46, 636, 638, 639
noninvasive biophysical technologies 636–7
PEMF use 636, 638–9
notch width index (NWI), femoral condylar 833
nuclear imaging, painful total hip arthroplasty 181–2
nutritional deficits, fracture healing 103–4
obesity, fracture healing 104
observational studies 8–9
O’Driscoll’s classification of elbow fracture—dislocations 384, 385
olecranon fractures 409–15
complications 413–14
cross-sectional imaging 409–10
fragment excision 410–11
functional outcomes 412–13
heterotopic ossification 413, 414
infection 413, 414
instability 41
internal fixation 410, 411–12, 413
K-wire fixation 411–12, 413, 414
malreduction 413–14
operative treatment 410–13
complications 413–14
osteoaarthritis 413
plate fixation 411–12, 413, 414
tension band fixation 411–12
treatment method determination 409–10
triceps advancement 410–11

one-way analysis 33
OP-1 103, 108, 109, 110, 199
complications 110
open kinetic chain (OKC) exercise 855, 856
open reduction and internal fixation (ORIF) 83, 174, 175
acetabulum fracture 607–8
calcium phosphate bone cement use 644
distal humerus fractures 379
distal radius fractures 431
distal tibia fracture 554, 555
elevation terrible triad injury 394
femoral head fractures 475
Galeazzi fracture 421
humeral shaft fractures 368–70
malleolar fractures 564–5
metacarpal fractures 467, 989
phalanx fractures 989
proximal humerus fractures 363
proximal interphalangeal joint fracture-dislocation 989
radial head fractures 399
scaphoid fracture 941–2
complications 943–4
functional outcome 942–3
scapular fracture 346
terrible triad injury of elbow 390–1
tibia fracture 534–6
distal 558
ulnar shaft fracture 418–19
orthobiologics 100–11
healing of recalcitrant nonunions 108–9
pre-market approval 110
regulations for use 109–10
risk factors 110–11
Orthopaedic Trauma Association (OTA) classification
clavicle trauma 332, 334
distal humerus fractures 374, 375
proximal tibial fractures 534, 535
orthoses
ankle—foot 318
foot 857, 858
tennis elbow 789–90, 792–3
osseointegration, painful total hip arthroplasty 180
osteoarthritis
acetabular labrum tears 886
ankle 294, 295
development in ipsilateral subtalar complex 297–8
anterior cruciate ligament rupture/reconstruction 818, 819
distal tibia fracture 558
glenohumeral joint 263, 284, 285
knee 818, 819, 822, 828–30
cartilage injury 847
posterolateral corner injury 843
total knee arthroplasty 212, 220, 228
meniscal tears 807
Monteggia fracture-dislocations 407
olecranon fractures 413
posterolateral corner injury 843
proximal tibia fracture 539
scaphoid fracture
nonunion 947
surgical repair 943–4
scapholunate advanced collapse 962, 964
progression 967
shoulder 263–8, 270, 271
anatomy 284
glenoid wear/glenoid bone stock 264–5
importance of problem 263, 270, 284
radiological finding correlation with clinical symptoms 264
talus fractures 571, 572
trapeziometacarpal joint 466–7, 954–60
osteoarthrosis of hip
anatomy 137
hip resurfacing 137–41, 142–4, 145–6, 147, 148–51
total hip arthroplasty 119, 131
acetabular component revision 205
metal-on-metal 137–41, 142–4, 145–6, 147, 148–51
minimally invasive surgery 164
painful 178
osteoarthrosis, hip dislocation 468, 470
osteoarticular allograft
bone sarcoma 1097, 1098
proximal humerus 1098, 1100–2
osteocondral autologous transplantation (OAT) 849, 850
osteocondral lesions
distal radial fractures 970
fragmentation in Charcot neuroarthropathy 238
osteocondroplasty with acetabular labrum debridement 883
osteochondral injury 137
osteogenesis 187
osteogenetic protein 1 see OP-1
osteointegration 187
osteonecrosis
hip dislocation 468, 469, 470
jaw 49–50
talus fractures 567, 568, 571, 572
osteoarthritis
acetabular labrum tears 886
ankle 294, 295
development in ipsilateral subtalar complex 297–8
anterior cruciate ligament rupture/reconstruction 818, 819
hip resurfacing 137–41, 142–4, 145–6, 147, 148–51
total hip arthroplasty 119, 131
acetabular component revision 205
metal-on-metal 137–41, 142–4, 145–6, 147, 148–51
minimally invasive surgery 164
painful 178
osteoporosis (cont’d)

hip fracture risk

assessment 43
reduction 42, 44, 45–6
management 38, 43
clinical coordinator model 38, 40
prediction of future fractures 40–2
prevalence with distal radial fractures 926
RCTs 39–40
T-score 40–1

Osteoset T 645

Oswestry Disability Index (ODI) 676

Ottawa ankle rules 561, 562
outcomes
criteria for prognostic studies 23
RCTs 14
therapeutic studies 22

Oxman and Guyatt index 28

oxygen delivery 72

p value 14

pain valgus stress test 834

Paprosky classification of acetabular bone deficiency 205, 206–7

parathyroid hormone (PTH) 46

patella

bone grafting 260
dislocation and hemarthrosis 796, 797
maltracking 857
poor bone stock 260
preoperative diagnosis of problems 258
total knee arthroplasty revision 257–61
patella tape 857, 858

patellar implant

all-polyethylene 259
complications 261
existing implant in total knee arthroplasty revision 258–9
isolated revision procedure 260–1
metal-backed 259
porous metal 260
resurfacing 259–60

patellectomy 260

patellofemoral brace 857, 858

patellofemoral joint, excessive loading 854

patellofemoral pain syndrome (PPFS)
corticosteroids 858
diagnosis 854
exercise therapy for alleviation/prevention 855–7
external support 857–8
glucosamine polysulfate injection 858
hip muscle weakness 856–7
incidence 853–4
NSAIDs 858
optimal training volume for runners 854–5
patella maltracking 857
pathogenesis 854
prognosis 858
risk factors 854
treatment 855–8
ultrasound therapy 858

patelloplasty 260

patients
in extremis 649
follow-up 14
optimal care 18
unstable 649
values 4

pelvic circumferential compression devices (PCCDs) 596

pelvic fractures 593–600

anatomy 593
angiography in unstable patient 593–6
classification 593, 594
embolization for recurrent bleeding 595
external fixation 596
angiography before 593–6
functional outcome 598–9
heparin thromboprophylaxis 598
importance of problem 593
instability pattern 593, 594
IVC filter insertion 596–7
mechanism of injury 593, 594
mortality 595
pulmonary embolism 597
stabilization 596
thromboprophylaxis 597–8
pelvic packing 596
pelvic trauma, venous thromboembolism 60–1
pentasaccharide fondaparinux 62, 63
percutaneous needle fasciotomy (PNF), Dupuytren’s disease 1033–4

perfusion pressure, compartment syndrome 633

phalangeal fractures see fingers, fractures

physical therapy
cavo-varus foot deformity 318–19
Charcot—Marie—Tooth disease 318–19
distal radius fractures 920
meniscectomy rehabilitation 808, 809
metacarpal fractures 465–6
shoulder chronic instability 749–50
shoulder impingement syndrome 766
tennis elbow 789, 791–2
pincer impingement 879, 892
pivot-shift test for ACL rupture 797, 799
platelet-derived growth factor (PDGF) 102
platelet-rich plasma injection, Achilles tendinopathy 876
polyethylmethacrylate (PMMA) 220
polytrauma 649–53
popliteal artery injury 655
popliteofibular ligament (PFL) 841
population of interest, baseline risk 10–11
porous tantalum implants 208–9
revision total knee arthroplasty 243
positron emission tomography (PET), painful total hip arthroplasty 182
posterior cruciate ligament (PCL) 797
anatomy 822, 832
graft types 826, 828
hamstring tendon grafts 826, 828
injury 822–3, 824, 825–6, 827–8, 828–30
classification 822
clinical examination 823, 824
diagnosis 823, 824
importance of problem 822–3
incidence 822
mechanism 822
osteoarthritis 822, 828–30
reconstruction 823, 825–6, 827–8, 829
patellar tendon grafts 826, 828
reconstruction 823, 825, 829
graft types 826, 828
technique 823, 825–6, 827–8
posterior talofibular ligament (PTFL) 862
posterolateral corner (PCL) injury 797, 841–6
anatomy 841
clinical examination 842
diagnosis 842
importance of problem 841
MRI 842–3
osteoarthritis 843
outcome scores 843, 844
reconstruction 843–4
surgical repair 843
posterolateral external rotation test 842
power of study 21
pretest probability 20
principles of evidence-based orthopedics 3–6
application to clinical approach 5
integrating evidence with clinical expertise 4
unequal evidence 4
probabilistic sensitivity analysis 33
prognosis
therapeutic studies 21
user’s guide for articles 19
prognostic studies 22–4
applicability 23–4
follow-up 23
hierarchy of evidence 17, 18
investigating 15
likelihood estimates 23
outcome criteria 23
results 23
validity 22–3
proximal interphalangeal joint (PIP)
contractions 1031–3
fracture-dislocation 989
proximal row carpectomy 965, 966
complications 967
definition 963
osteoarthritis progression 967
outcome 966
psoas muscle, endoscopic transcapsular release 902
publication bias 27, 28
pulmonary embolism
diagnosis 57
orthopedic patients 60
prophylaxis for acetabulum fracture 608–9
spiral CT angiography 57, 58
pulmonary embolism (PE) 56
pelvic fracture 597
pulmonary function, idiopathic scoliosis 706–7
pulsed electromagnetic fields (PEMF)
flexor tendon surgery 996
neck pain 665
scaphoid fracture 950
tibia shaft fracture 636, 638–9
quality-adjusted life year (QALY) 31, 32, 33
QUORUM checklist 28
radial head arthroplasty, terrible triad injury of elbow 390–1
radial head fractures 390–1, 397–401
anatomy 397
arthroscopy 399–400
aspiration 397–8
classification 397
complex injury 399
displaced 398–9
evaluation 397–8
local anesthetic injection 397–8
open reduction and internal fixation 399
operative treatment 398–9
prognosis 400–1
prosthetic replacement 399
radial nerve palsy, humeral shaft fractures 370
radial shaft fractures 416–23
distal radioulnar joint involvement 417–18
union rate 419–20
radiocarpal joint, rheumatoid arthritis 980
radiographs
acetabulum fracture 603, 605–6
acromioclavicular joint trauma diagnosis 326
bone defects in total knee arthroplasty 250
coronoid fracture 387, 388
ear fracture 387, 388
glenoid wear/glenoid bone stock 264–5
Index

radiographs (cont’d)
lateral ankle ligament lateral injury 864
Lisfranc injury 586
proximal humerus fractures 361
rotator cuff tear 754
scaphoid fracture 445–6
scapular fracture 341, 342, 344
shoulder chronic instability 747, 748
spondylololysis 687
stress 864
total ankle arthroplasty 300
trapeziometacarpal joint osteoarthritis 955
whiplash 669–70, 671
radiopharmaceuticals, spinal metastases 730
radiostereometry analysis, highly crosslinked polyethylene for total hip arthroplasty 132–3
radiosurgery, stereotactic for spinal metastases 732–3
radiotherapy
soft tissue sarcoma 1083–6
local control 1115–16
survival 1116
spinal metastases 730–1
fractionation schedules 731–2
surgical decompression 725–6
radius
comminuted diaphyseal fractures 419–20
Monteggia fracture-dislocations 403–8
see also radial entries
radius, distal
deformity 930
see also distal radioulnar joint (DRUJ)
across-fracture pinning 428, 430
activity of patient 926
acute management 913–21
anatomic restoration 925
ankylosis 425, 923, 930
arthroscopic reduction 433–4, 435, 918–19
arthroscopy 969–71
evaluation 970–1
vs. fluoroscopy 971
reconstruction of malunited 930–6
misaligned 916
nonbridging external fixation 427–8, 429
open reduction and internal fixation 431
osteochondral lesions 970
osteoporosis prevalence 926
osteoarthrosis prevalence 926
pain duration 925
percutaneous pinning 915
permanent disability 925–6
physical therapy 920
pinning 428, 430
plating 431, 432–3, 433, 434
locking 933, 934
prognosis 923–7
protection factors 923
reconstruction of malunited 930–6
reduction 925, 932
loss 924
risk factors 923
short-arm cast 913–14
shortening 924
slippage 924
smoking 926–7
splinting 425–7
sports injury 923
subgroups of patients 923
subsequent fractures 926
wrist guards in prevention 927
surgical treatment
bone graft 933–4
complications 935
dorsal approach 934
early 933
late 933
outcomes 935
volar approach 934
time off work 926
triangular fibrocartilage complex injuries 970
repair 917
volar plating 431, 433, 434, 919–20
volar tilt loss 930
wrist guards in prevention of refracture 927
raloxifene 45
osteoporosis treatment 44
randomized controlled trials (RCT) 5, 8
guidelines 15
hierarchy of evidence 17
outcomes 14
range of motion
Galeazzi fracture 420–1
hip resurfacing 144–5
knee flexion for activities of daily living 233
Monteggia fracture-dislocations 407
replantation of digits 1077
tibia fracture
distal 558
proximal 536–7
total hip arthroplasty 144–5, 179
total knee arthroplasty
measurement 230–1
postoperative 231–2, 233
red blood cell salvage 73
reference standard 15
diagnostic tests 20
rehabilitation
distal tibia fracture 557
knee cartilage injury 849–50
mangled extremities 657
meniscectomy 808–9
scapular fracture 346–7
shoulder chronic instability 749–50
relative risk 14
repetitive magnetic stimulation, neck pain 665
replantation of digits 1072–8
anatomy 1072
bony stabilization 1072, 1073
early range of motion therapy 1077
functional outcome 1074–5
importance of problem 1072
postoperative anticoagulant/antithrombotic agents 1076–7
tertiary hospitals 1072–3
vein and artery anastomoses 1075–6
rest, ice, compression and elevation (RICE) therapy, lateral ankle ligament injuries 863, 865
results
application to practice 14
critical appraisal 13, 17–19
diagnostic studies 20
likelihood ratios 20
prognostic studies 23
therapeutic studies 21–2
validity 13–14
rheumatoid arthritis
biologic DMARDs 1047–9
diagnosis 1047
distal radioulnar joint 982–4
incongruity 980, 981
etiology 1047
femoral periprosthetic fractures after total hip arthroplasty 172
hand
flexor tenosynovectomy 1051–2
metacarpophalangeal arthroplasty 1052–4
tendon rupture repair 1052
hand reconstruction 1046–54
anatomy 1046
prophylactic extensor tenosynovectomy 1050–1
small-joint synovectomy 1049–50
importance 1046
mid-carpal joint 980
radiocarpal joint 980
small-joint synovectomy 1049–50
wrist 1050–1
diagnosis 980–1
outcomes 984
presentation 980–1
procedures 981–4
risendronate 44, 45
risk, absolute/relative 14
rivaroxaban 63
rotator cuff tear 278, 752–8
anatomy 752
diagnosis 753–5
imaging 753–5
importance of problem 752
mini-open repair 757
nonoperative treatment 755–6
physical examination tests 753
prevalence 755
repair costs 752
reverse total shoulder arthroplasty 281
surgical treatment 755, 756–8
arthroscopy 756
complications 757–8
open techniques 756
runners, optimal training volume 854–5
runner’s knee see patellofemoral pain syndrome (PFPS)
salvage of limb, mangled extremities 655
complications 659
outcome 658–9
resource investment 656–7
scoring systems 658
samarium-153, spinal metastases 730
Sanders’ classification of calcaneus fractures 577
sarcoma see bone sarcoma; soft tissue sarcoma
scaphoid fracture 443, 444, 938–44, 942–3
anatomy 938, 939
arthroscopy 456–7
bone grafts 457
for nonunion 948, 949
Index

scaphoid fracture (cont’d)
  bone scans 446–7, 940
  carpal instability 947
  casting 450–2, 940–1
    functional outcome 942–3
    healing rate 941–2
  complications of treatment 451, 455
  cost-effectiveness of treatment 450
  diagnosis 444–7
    delayed 455
    occult fracture 938–40
    displaced 455–7, 949
  four-corner fusion 950, 951
  functional outcome 942–3
  healing rate 941–2
  imaging 445–7, 940
  immobilization 446, 457, 940–1
    delayed treatment 949
    functional outcome 942–3
    wrist flexion/extension 941
  importance of problem 443, 445, 938, 939, 946
  internal fixation 452–5, 951
    nonunion 948
    K-wires 454, 951
  nonoperative management 942
  nonunion 946–52
    advanced collapse 950–1
    bone grafts 948, 949
    carpal instability 947
    delayed treatment 949
    displacement 947
    importance of problem 946
    internal fixation 948
    K-wires 948
    natural history 946–7
    osteoarthritis 947
    risk factors 949
    salvage procedures 950–1
    surgical options 947–9
  open reduction and internal fixation 941–2
  complications 943–4
  functional outcome 942–3
  osteoarthritis
    nonunion 947
      with surgical repair 943–4
    plate fixation 951
    proximal pole 457–8, 949
    proximal row carpectomy 950, 951
    pulsed ultrasound therapy 950
    radiographs 445–6
    screw fixation 453
  surgical treatment
    complications 943–4
    delayed 949
    technique 452–5
    thumb spica 941
  treatment 447–50, 452–8
    delayed diagnosis 455
    undischplaced 447–55, 457–8
    union 448
      improvement of rate 949–50
      rate 942
      waist 455–7
  scapholunate advanced collapse (SLAC)
    definition 963
    importance of problem 962
    natural history 964–5
    osteoarthritis 962, 964
    progression 967
    radiological findings 964
    salvage procedures 962–8
    complications 967
    grip strength after 965–6
    motion-preserving 965
    osteoarthritis progression 967
    outcomes 966
    quality of evidence 963–7
    range-of-motion 966
  scapholunate joint
    anatomy 962
    rupture 964–5
  scapholunate ligament 962
    injury 969
      anatomy 974
      arthroscopy 974–5
  scapular fracture 341–4, 345, 346–7, 347–9
  anatomy 341
  angulation 344
  CT 344
  displacement measurement 344
  glenoid neck 341, 342
  importance of problem 341–3
  medialization 344
  neurovascular structures 341, 343
  nonoperative treatment 344, 346
    rehabilitation 346–7
  open reduction and internal fixation 346
    complications 347, 348–9
    outcomes 347, 347, 348, 348–9
  operative treatment 346
    complications 347, 348, 348–9
    outcomes 347, 347, 348, 348–9
    rehabilitation 346–7
  preoperative workup 343–4
  radiography 341, 342, 344
  rehabilitation 346–7
  spinoglenoid notch 341, 343, 344
  suprascapular nerve lesions 344
  surgical considerations 344
  scapular notching, reverse total shoulder arthroplasty 282
  scenario analysis 33
  scoliosis see adolescent idiopathic scoliosis (AIS)
  second-hit phenomenon 652
  selection bias 28
  sensitivity analyses 33
  serious adverse events (SAEs) 23
  shockwave therapy
Achilles tendinopathy 873–4
  efficacy 874–5
see also extracorporeal shock wave therapy (ESWT)
shoulder
  acromioclavicular joint trauma 325–30
  anatomy 263, 270
  biomechanics alterations with scapular fracture 342
  chronic instability 744–5, 746, 747–50
  anatomy 744
  anterior 745, 746
  arthropathy 750
  arthroscopy 748, 749
  bone defects 749
  diagnosis 744–5, 746
  imaging, 747–8
  natural history 750
  open surgical methods 748, 749
  physiotherapy 749–50
  posterior 745, 746
  recurrence 750
  rehabilitation 749–50
  surgical approach 748–9
  clavicle trauma 332–3, 334, 335–9
  concomitant injuries with trauma 342–3
  floating shoulder fractures 345
  function with proximal humerus fractures 361–2
  glenoid defect 749
  glenoid erosion 284
  hemiarthroplasty 263–8
    conversion to total shoulder arthroplasty 267–8
    outcome 265–6
    revision rate 268
  survivorship in young active patients 267
Hill-Sachs lesion 745, 747
osteoathritis 263–8, 270, 271
  anatomy 284
  glenoid wear/glenoid bone stock 264–5
  importance of problem 263, 270, 284
  radiological finding correlation with clinical symptoms 264
  treatment outcomes 265–6
pain 278, 284, 351
post-traumatic avascular necrosis of proximal humerus 351–8
rotator cuff tear 278
stiffness 351
superior shoulder suspensory complex 342, 344
see also glenohumeral joint; humeral head replacement; total shoulder arthroplasty
shoulder dislocation
  anatomy 737, 744
  chronic instability 744–5, 746, 747–50
  external rotation 740
  extremity position in immobilization 739–40
    first 737–42
  importance of problem 737
  internal rotation 740
  nonoperative treatment 740–1
  premedication regimen for reduction 738–9
  prognosis 741
  recurrence rate 739–41
reduction
  methods 739
  premedication regimen 738–9
  surgical treatment 740–1
shoulder impingement syndrome (SIS) 763–9
acupuncture 767
anatomy 763
clinical examination 764
complications 768–9
diagnosis 764–5
ESWT 766–7
function/recovery effects of treatment 768
Hawkins-Kennedy test 764
imaging 764–5
importance of problem 763
Neer test 763, 764
physiotherapy 766
subacromial anesthetic/corticosteroid injections 765–6
  complications 769
surgical management
  complications 769
  indications 767
  optimal technique 767–8
topical glyceryl nitrate 767
ultrasound 767
smoking
  fracture healing risk factor 101, 102, 105–6
  scaphoid fracture nonunion 949
snapping hip syndrome 898–903
anatomy 898
endoscopic surgical treatment 900, 901–2
  external 898, 899–900
  treatment 900–1
importance of problem 898–9
internal 898
  treatment 901–2
  open surgical treatment 900–2
  radiography 899–900
  surgical treatment 900–2
soft tissue sarcoma
  anatomy 1088, 1112–13
  biopsy 1108–10
  chemotherapy 1088–90, 1091–3, 1093–5
    adjuvant 1092–3, 1093–4
    neoadjuvant 1090, 1091, 1093
  imaging 1089
importance of problem 1083, 1088–9, 1108
radiotherapy 1083–6
  advantages/disadvantages 1084–5
  complications 1085–6
  local control 1115–16
  survival 1116
recurrence
  rate 1113–14
  risk 1116
surgical margins 1112–17
  adequate 1115
  external beam radiation 1115–16
  inadequate 1115
soft tissue sarcoma, surgical margins (cont’d)
  local recurrence correlation 1114–15
  margin at risk 1115
  survival correlation 1114–15
  tumor grade/size 1115
  survival rate 1113–14, 1116
soleus muscle 872
somatosensory evoked potential (SSEP) neuromonitoring 716
spinal cord compression, spinal metastases 722–3
spinal cord injury, venous thromboembolism 60
spinal fusion 101
  primary 106–7
spinal metastases
  anatomy 721, 728
  bisphosphonate efficacy 728–30
  cord compression 722–3
  en-bloc tumor resection 726
  importance of problem 721, 728
  kyphoplasty 723, 724
  nonoperative management 728–33
  operative management 721–6
  radiopharmaceuticals 730
  radiotherapy 730–1
    fractionation schedules 731–2
    stereotactic radiosurgery 732–3
    surgical decompression followed by radiotherapy 725–6
    vertebroplasty 724, 725
spinal pathology incidence 101
spinal pseudarthrosis, orthobiologics 109
spinal stenosis 686, 687
  decompression 690, 691
  examination 688
  imaging 688
  importance of problem 686
  lumbar fusion with decompression 690, 691
  nonoperative treatment 688–9
    with spondylolisthesis 689–90
    presentation 688
    with spondylolisthesis 689–90
    with decompression 690
    lumbar fusion with decompression 690
  surgical treatment 688–9
    with spondylolisthesis 689–90
spinal surgery, venous thromboembolism 60
spinal tumors, metastatic 721–6
spinal CT angiography 57, 58
splints/splinting
  carpal tunnel syndrome 1013–14
  distal radius fractures 425–7
  flexor tendon surgery rehabilitation 1005
  postoperative for Dupuytren’s disease 1034–5
  trapeziometacarpal joint osteoarthritis 956–7, 958
spondylolisthesis 686
  with lumbar spinal stenosis 689–90
  neurogenic claudication 688
  radiographs 687
stable patients 649
standard gamble (SG) 31

Staphylococcus aureus
  wound infections 81
  see also methicillin-resistant Staphylococcus aureus (MRSA)
stereotactic radiosurgery, spinal metastases 732–3
steroid therapy, epidural
  low back pain 684
  neurogenic claudication 696, 697–8, 699
stinging nettle, trapeziometacarpal joint osteoarthritis 958
stress radiography, lateral ankle ligament injury 864
Strickland and Glogovac criterion for flexor tendon surgery of hand 1060, 1061
stroke risk with cervical manipulation for flexor tendon surgery 666–7
strontium-89, spinal metastases 730
strontium ranelate 46
structural bulk allografts in total hip arthroplasty
  acetabular component revision 205–10
    porous titanium implants 208–9
  femoral component revision 186–96, 197, 198–200
    autograft placement at graft-host junction 188
    biomechanical factors 188–9
    bone morphogenetic proteins 199
    cement mantle defects 189
    cement penetration 188–9
    cement use 194
    ceramics 199
    complications 198–9
    demineralized bone matrix use 199
    dislocation risk 199
    extramedullary augmentation 190
    femoral component revision in total hip arthroplasty
      186–96, 197, 198–200
    femoral defects 189
    femoral implant choice 194–5
    fracture risk 189, 190, 199
    full circumferential allografts 193, 195
    graft resorption 199
    graft-host junction union 194
    impaction allografting
      complications 198
      results 190–2, 193
    specialist centers 191–2, 193
    technical aspects 189
    technique standardization 189
    incorporation into bone 187–8
    infection risk 198–9
    inflammatory reaction 188
    nonunion 199
    OP-1 199
    processing methods 193–4
    proximal allografts 193
    remodeling 188
    results 195–6, 197, 198
    stem length 190
    technical aspects 192–4
    technical popularity 199–200
study
  design 13
  validity 13–14
Suave-Kapandji procedure, distal radioulnar joint 983
subtalar joint complex, protection from degeneration by total ankle arthroplasty 301–2
subtalus arthrodesis, calcaneus fractures 575
subtrochanteric fractures 497–500, 501, 502
anatomy 497
extramedullary implant 500, 501, 502
failure rate 500, 501, 502
importance of problem 497
intramedullary implant 500, 501, 502
nailing 498–9, 499–500
reduction 499–500
superior shoulder suspensory complex (SSSC) 342, 344
surgical site infections (SSI) 78
antibiotic prophylaxis 79–80
definitions 79
survival analysis 14
survival curves 23
synovitis
distal radioulnar joint 1050–1
wrist 1050–1
syringomyelia 710
systematic reviews 8, 26
conflicting studies 28
critical appraisal 28
hierarchy of evidence 17, 27
meta-analysis differences 27–8
narrative review differences 27–8
systemic inflammatory response, posttraumatic 652
systems of hierarchies 9

T. C. Chalmers score 28
talus fractures 567–73
anatomy 567
body 567–8, 572
classification 568–9
importance of problem 567
neck 567–8, 569, 572
osteoarthritis 571, 572
osteonecrosis 567, 568, 571, 572
outcomes 571, 572
plate fixation 569–70
reduction/fxation of displaced neck fracture 569
screw fixation 569–70
talar body extrusion 570–1
weightbearing 571
tantalum see porous tantalum implants
tennis elbow 787–94
acupuncture 789, 790–1
analgesia 790
anatomy 787
corticosteroid injections 789–90
ESWT 789, 790
imaging 788
importance of problem 787
incidence 787
nonoperative treatments 789
NSAIDs 790, 792
open surgery 793
orthoses 789–90, 792–3
percutaneous release 793
physiotherapy 789, 791–2
stretching exercise 791–2
surgical management 793
wait-and-see policy 788–9
TenoFix device, flexor tendon surgery of hand 1062, 1063
tenosynovectomy, rheumatoid hand 1050–1
TENS (transcutaneous electrical nerve stimulation) 665
teriparatide 46
terrible triad injury of elbow 388–9
functional outcome 393–4
nonoperative treatment 388–9
operative treatment 388, 390–1
therapeutic studies 7–8
applicability 21–2
benefits 22
clinical outcomes 22
certainty intervals 21
estimate of effect 21
hierarchy of evidence 17, 18
power 21
prognosis 21
results 21–2
validity 21
therapy
estimate of effect 21
investigation 13–14
user’s guide for articles 19
thoracotomy, adolescent idiopathic scoliosis 712
threshold analysis 33
thromboprophylaxis 56–66
anticoagulant agents 62–5
antithrombotic efficacy 64
bleeding risk 64, 65
duration of treatment 64–5
extended-duration 64–5
initiation of treatment 63–4
IVC filters 61–2
mechanical measures 61
orthopedic patients 60–1
patients requiring 58–9
peroperative regimens 64
see also deep vein thrombosis (DVT); pulmonary embolism (PE); venous thromboembolism (VTE)
thumb see trapeziometacarpal joint
tibia, distal, fracture 549–59
anatomy 549
classification 549, 550, 551
complications 557–8
CT scan 552–3
diagnosis 551–2
external fixation 554–5
ankle sparing/ankle spanning 555–6
importance of problem 550
nonsurgical treatment 553
open reduction and internal fixation 554, 555, 558
osteoarthritis 558
Index

tibia, distal, fracture (cont’d)
  outcome 557–8
  pilon 549–58
  postoperative care 557
  range of motion 558
  reduction/fixation surgical approaches 556–7
  rehabilitation 557
  soft tissue injuries 552
  surgical treatment 553–4
tibia, fracture
  open 100, 617–24
  plafond 549–59
  plateau 642, 643
tibia, proximal, bone sarcoma 1102, 1103–4, 1105–6
  implant survival 1105
  limb salvage 1105
  outcome 1105
  postoperative complications 1102, 1103–4, 1105
  tibia, proximal, fracture 534–7, 538, 539
  anatomy 534
  bone graft substitute 536
  classification 534, 535
  complications 534–6
  external fixation 534–6
  iliac crest bone graft 536
  imperfect articular reduction 537
  limb instability 537, 538, 539
  malalignment 537, 538, 539
  malunion 539
  meniscus cartilage damage 537, 538, 539
  metaphyseal bone void filling 536
  open reduction and internal fixation 534–6
  osteoarthritis 539
  outcomes 534–6, 537, 538, 539
  range of motion 536–7
tibia shaft fracture 541–7
  anatomy 541, 617, 636
  classification 541, 542
  closed 544–5
  comminuted 636
  compartment syndrome 546–7
  ESWT use 636, 638, 639–40
  external fixation 544
  health-related quality of life 638–40
  importance of problem 541
  intramedullary nailing 541, 542, 543, 544
  compartment syndrome 546–7
  pain with patellar tendon dissection 546
  LIPUS use 545–6, 636, 638, 639
  management 542–4
  nonunion prediction 636–7
  open 543–4, 617–24
  PEMF use 636, 638–9
  reoperation risk 544
  time trade-off (TTO) 31
  tissue oxygenation, blood transfusion 75
  topical glyceryl trinitrate
    Achilles tendinopathy 875
    shoulder impingement syndrome 767

  total ankle arthroplasty 294–304
  ankle arthodesis comparison 302
  complications 301
  conversion from ankle arthodesis 296
  functional outcome 295, 298–300
  gait outcome 302, 303
  heterotopic bone formation 300
  implant failure 301
  infections 301
  intraoperative malleolar fractures 301
  loosening 301
  lucent lines 300
  outcome predictors 299–300
  patient satisfaction 298, 300, 302
  radiography 300
  scoring systems 300
  subtaral joint complex protection from degeneration 301–2
  survival rates 298–9
  wound complications 301
  total elbow arthroplasty, distal humerus fractures 379
  total hip arthroplasty
    acetabular bone stock 139–40
    acetabular component position 120, 121, 122
    metal ion levels 183
    acetabulum
      fracture 608
      labral tears 886–7
      activity level 141
      anatomy 119, 131
      antibiotic impregnated cement 273
      biomechanical reconstruction precision 140–1
      ceramic-on-metal bearings 155
      ceramics 153–62
      bearing options 155
      clinical outcomes 155–6
      fracture risk 158–9
      impingement 158
      improvements 154, 155
      orthopedic generations 154–5
      osteolysis 156–8
      revision rates 160–1
      squeaking risk 159–60
      stripe wear 157
      wear 156–8
      clinical outcomes 141, 142–4
      complications rate 145–6, 147
      computer navigation 119–29
      alignment in hip resurfacing 126–7
      clinical outcomes 127–8
      complications 128
      component alignment improvement 120–2
      cost-effectiveness 125
      dislocation rate 128
      kinematics restoration 128
      patient positioning 123–4
      safe zone 121
      surgery time 125
      types 122–3, 124
      use 124–6
Index

dislocation 119, 146
failure rate 148–9
femoral component loosening
  painful 180
  periprosthetic fractures 172
femoral neck fractures 484, 485
femoral offset 140–1
femoral periprosthetic fractures 171–6
  anatomy 171
  classification system for treatment guidance 173
  component loosening 172
  fragility fractures 172
  gender 172
  importance of problem 171
  optimal management 173–6
  osteoporosis 172
  outcome 173–6
  pathomechanics 171
  predictive patient factors 171–3
  rheumatoid arthritis 172
  time from index procedure 172
freehand technique 121–2
gait 145
hard-on-hard bearings 155, 157
  squeaking risk 159–60
heterotopic ossification 146
highly crosslinked polyethylene 131–5, 153
  femoral head size 133–4
  importance of problem 131
  improved wear rate 133–4
  mechanical properties 134–5
  osteolysis prevention 134
  radiostereometry analysis 132–3
  resistance to wear 131–3
hip motion 141, 144–5
hospitalization 138–9
importance of problem 119–20
infections 146
leg length 140–1
metal-on-metal 137–41, 142–4, 145–6, 147, 148–51, 153, 155
  importance of problem 137–8
  metal ion levels 183
  metal ion release 146, 148
metal-on-polyethylene 153, 155, 157
  fracture risk 158–9
minimally invasive surgery 125, 164–6, 167, 168–9
  advantages 165
  anatomy 164–5
  blood loss 166, 167
  clinical outcome 166, 168
  complications rate 168–9
  disadvantages 165
  lateral decubitus position 165
  patient function 166, 168
  plate osteosynthesis technique 174
  recovery speed 166
  revision rate 168–9
  supine position 165
  surgical approaches 164–5
painful 178–84
  clinical examination 178–9
  component loosening 180
  differential diagnosis 179
  history 178–9
  imaging 182–3
  importance of problem 178
  metal ion levels 183
  nuclear imaging 181–2
  osseointegration 180
  osteolysis 180
  plain radiographs 179–80
  preoperative test for infection 180–1
  septic loosening 180
  signs/symptoms 178–9
  site of pain 179
postural balance 145
range of motion 144–5
  painful hip 179
revision surgery 150, 197
surgical technique 138–9
two-incision technique 164, 165
  recovery speed 166
ultra-high molecular weight polyethylene 131, 132, 133
wear 119–20
see also acetabular component revision; femoral component revision in total hip arthroplasty; osteoarthritis of hip
total knee arthroplasty 245–6
  anatomy 228–9
  antibiotic cement 212–16, 217, 273
  resistant organisms 215–16
aseptic loosening 246
bone defects
  classification 250
  large uncontained 251, 253
  management 250–1, 252, 253–4
  massive 253–4
  size 250
  small 250–1
  trabecular metal use 254
  tumor prosthesis role 253–4
bone loss 243, 244, 246
cemented fixation 220–5
  advantages 245–6
  complications 223
  costs 224–5
  disadvantages 245–6
  functional outcome 222–3
  painful 242
  polymethylmethacrylate 220
  revision 224, 242–7
  survival 221–2
Charcot joint 239–40
  complications 239–40
  computer navigation 125
  conventional design 228–34
  complication rate 229–30
  flexion 228
Index

total knee arthroplasty, conventional design (cont’d)
  postoperative range of motion 231–2, 233
  range of motion measurement 230–1
  costs 249
end-of-stem pain 243
extensor mechanism 257
flexion 228–9
high-flexion implants 228–34
  complication rate 229–30
  patient selection 233
  postoperative range of motion 231–2, 233
  range of motion measurement 230–1
hybrid revision components 244–5
imaging 250
importance of problem 220
infection 214
  antibiotic cement use 214–15
instability 249, 257
modular system 221, 251
operative fixation for distal femoral fracture 525–6
osteoarthritis of knee 212, 220, 228
pain 249, 257
  end-of-stem 243
range of motion
  measurement 230–1
  postoperative 231–2, 233
revision 212, 224
  anatomy 257
  for aseptic loosening 246
  cemented stems 242–7
  complications of patellar implant 261
  costs 249
  existing patellar implant 258–9
  extensor mechanism 257
femoral side structural defects 249–51, 252, 253–5
hybrid components 244–5
importance of problem 249, 257
isolated patellar procedure 260–1
outcomes 249, 257
patellar options 257–61
patellar problem diagnosis 258
severe bone loss 243, 244
stemmed components 242–7
success rate 249, 257
trabecular metal 254
tumor prosthesis role 253–4
uncemented stems 242–7
secure initial stability 243
stress shielding/stress riser formation 243, 245
tibial components 220
uncemented fixation 220–5
  advantages 242–4
  complications 223
  contoured surface 220
  costs 224–5
  functional outcome 222–3
  hydroxyapatite coating 220, 221
  porous metal surface 220, 221
revision 224, 242–7
survival 221–2
total shoulder arthroplasty 263–8
acromion fracture 282
anatomy 284
antibiotic laden bone cement use 272–3
  cemented fixation 270–6
  antibiotic laden bone cement use 272–3
  functional outcome 272
  glenoid component 274
  humeral component 273
  postoperative management 275
  survival 275–6
CT in preoperative planning 271–2
glenoid component
  all-polyethylene 274–5, 287–8
  cemented 287–8
  cementing 274
  inferior tilt 280
  keeled 288–90
  loosening 271, 281, 285–6
  metal-backed 274–5, 287–8
  pegged 288–90
  radial mismatch 286–7
  radiographic lucent lines 290–1
  selection 287–90
  uncemented 287–8
  glenoid fixation 284–92
  component selection 287–92
  optimal degree of radial mismatch 286–7
  outcome 290–1
  glenoid retroversion 284, 286
  glenoid version 271–2, 284
  hemiarthroplasty 273
  conversion 267–8
humeral component
  cemented fixation 273
  neutral rotation 280
  uncemented fixation 273
infection 281
instability 281
outcome 265–6
reverse 278–82
  complications 281–2
  glenoid component inferior tilt 280
  humeral component neutral rotation 280
  indications 279–80
  results 280–1
  surgical approach 280
  technical factors affecting outcome 280
revision rate 268
scapular notching 282
survivorship in young active patients 266–7
uncemented fixation 270–6
  functional outcome 272
  humeral component 273
  postoperative management 275
  survival 275–6
trabecular metal, bone defects in total knee arthroplasty 254
trade-offs 10
TRALI (transfusion-related acute lung injury) 76
transforming growth factor β (TGF-β), increase of recovery/
function in flexor tendon surgery 995
trapeziectomy/trapeziectomy with ligament reconstruction and
tendon interposition 958–9
trapeziometacarpal joint 466–7
anatomy 954
osteoarthritis 954–60
adverse effects of surgery 959
conservative interventions 956–8
diagnosis 955–6
differential diagnosis 955
glucosamine 957–8
importance of problem 954
joint protection and exercise 957, 958
outcomes of interventions 956, 958–9
pain 955
physical examination 955
radiology 955, 956
splints 956–7, 958
surgical interventions 958–9
symptom relief 956–8
trapeziectomy/trapeziectomy with ligament reconstruction
and tendon interposition 958–9
provocative tests 955
trauma
acromioclavicular joint 325–30
clavicle fracture 332–3, 334, 335–9
pelvic 60–1
proximal humerus
avascular necrosis 351–8
fractures 360–4
scapular fracture 341–4, 345, 346–7, 347–9, 349
see also mangled extremities
treatment see therapeutic studies; therapy
triangular fibrocartilage complex (TFCC) 930
triangular fibrocartilage complex (TFCC) injuries
anatomy 971–2
arthroscopic debridement with ulnar shortening osteotomy
973–4
arthroscopy 969, 971–4
debridement with arthroscopic wafer procedure 973–4
diagnosis 972
distal radial fractures 970
fixation technique 972–3
MRI arthrography 972
open fixation 972–3
repair 917
ulnar shortening osteotomy 973–4
beta-tricalcium phosphate (β-TCP) 716
triple-phase bone scanning (TPBS), painful total hip arthroplasty
182
ulna
comminuted diaphyseal fractures 419–20
Monteggia fracture-dislocations 403–8
shortening osteotomy for triangular fibrocartilage complex
injuries 973–4
ulnar collateral ligament injury 781–5
anatomy 781, 782
gold standard for evaluation 782–3
importance of problem 781–2
incidence 782
surgical treatment
options 783–4
for professional athletes 783
ulnar nerve transposition, distal humerus fractures 377–8
ulnar shaft fracture 416
nonsurgical treatment 418–19
open reduction and internal fixation 418–19
union rate 419–20
ulnar styloid fixation 916–17
ultrasound
carpal tunnel syndrome 1014–15, 1022, 1023
flexor tendon surgery of hand 1067
adhesion prevention 996
lateral ankle ligament injury 864
treatment 865–6
long head of biceps tendinopathy 775
painful total hip arthroplasty 182
patellofemoral pain syndrome therapy 858
pulsed therapy for scaphoid fracture 950
rotator cuff tear 754–5
shoulder impingement syndrome 764, 765, 767
snapping hip syndrome 899–900
tennis elbow 788
unstable patients 649
urate crystals 87
urate-lowering therapy, colchicine 90–1
vacuum-assisted closure, open fractures 621–3
valgus stress test 834
validity 4, 13
critical appraisal 17–19
diagnostic studies 19, 20
prognostic studies 22–3
results 13–14
therapeutic studies 21
vancomycin, prophylactic 81
vancomycin-resistant enterococci (VRE) 80
Vancouver classification system for femoral periprosthetic
fractures in total hip arthroplasty 173–6
vascular endothelial growth factor (VEGF) 102
vastus lateralis (VL) muscle 856
vastus medialis obliquus (VMO) muscle 854, 855
exercise retraining 855, 856
venography 57
venous thromboembolism (VTE)
anatomy 56
anticoagulant agents 62–5
diagnosis 57–8
foot pumps 61
graduated compression stockings 61
healthcare costs 57
venous thromboembolism (cont’d)
  importance of problem 56–7
  intermittent pneumatic compression 61
  IVC filters 61–2
  pelvic fracture prophylaxis 596–7
  postoperative 59
  prophylaxis for acetabulum fracture 608–9
  risk factors 57, 58, 59
  risk levels 58, 59
  thromboprophylaxis 58–9
verification bias 15
vertebroplasty
  efficacy 5
  spinal metastases 724, 725
visual analog scales (VAS) 31
  shoulder avascular necrosis 356
vitamin B<sub>6</sub>, carpal tunnel syndrome 1017, 1018
vitamin D
  deficiency 104
  hip fracture risk reduction 42
vitamin K antagonists 62
warfarin 62, 63
whiplash 669–73
  anatomy 669
  definition 669
  importance of problem 669
  nonoperative approach 672–3
  pain severity 672
  radiographs 669–70, 671
  recovery rate 670–2
  treatment frequency/duration 673
whiplash-associated disorder (WAD) 669, 670
  grading 672
  nonoperative approach 672–3
  recovery 670–2, 673
white cell count, infection in painful total hip arthroplasty 180
white cell scan, painful total hip arthroplasty 182
workup bias 15
World Health Organization (WHO), Fracture Risk Assessment Tool (FRAX) 41–2, 43
wound hemATOMA, risk with anticoagulants 65
wound infections 78–84
  anatomy 78–9
  cultures 82–3
  diagnosis 81–3
  healthcare costs 78
  importance of problem 78
  internal fixation of fractures 78
  prophylaxis 79–80
  wound culture 82–3
wrist
  arthrodesis 980
  limited/total 981
  arthroplasty 980
  total 981–2
arthroscopy 433–4, 435, 969–76
  distal radial fracture evaluation 970–1
dorsal ganglion cysts 975–6
periunate dislocations 437–42
rheumatoid arthritis 979–85, 1050–1
  diagnosis 980–1
  outcomes 984
  presentation 980–1
  procedures 981–4
scapholunate advanced collapse salvage procedures 962–8
synovitis 1050–1
  see also carpal fractures; radius, distal, fractures; scaphoid fracture
yoga, carpal tunnel syndrome 1015, 1016
zoledronic acid 44, 45
  spinal metastases 730