Goal: Provide the medical student a foundation in Orthopedics and Sports medicine to support their maturing clinical judgment and knowledge. This is a study guide suggesting a focused approach to this field of clinical study to assist the student in attaining a foundation in this clinical discipline.

Required Material: Current Diagnosis & Treatment in Orthopedics

Fifth Edition (Lange Publishing)

Harry B. Skinner, Patrick J. McMahon

Post Course Examination:

• 40 question test taken on your iPad
• Taken on the last day of your clinical rotation 2 PM
• 60 Minutes to complete the exam

Study Guide for Success: Below is a guide to assist you in maximizing your learning experience during this course. Please note that most of the questions will be captured directly from the recommended text, there are a few exceptions. If you focus your attention on the study guide below, you will complete the course successfully.

Recommended Chapters: (Readings)

Chapter 1: General Considerations in Orthopedics

Focus on the section of the Diagnostic Work-up

Chapter 2: Musculoskeletal Trauma

Focus on Bone Healing

Assessment of the Trauma Patient

Complications: Fat Emboli
PE and DVT

Compartment Syndrome **(A must Know!!)**

Trauma to the Upper Extremity

Fractures and Dislocations around the Shoulder

Humeral Shaft Fracture

Injuries around the Elbow including: Distal Humerus Fractures

- Elbow Dislocation
- Fracture of the Radial Head
- Olecranon Fractures

Forearm Shaft Fractures: **Galeazzi fracture**

- Monteggia Fracture
- Fractures of Both the Radius and Ulna

Distal Radius and Ulna Injuries: **Colles fracture**

- Chauffeur's fracture
- Smith fracture
- Barton fracture

Trauma to the Lower Extremity

Pelvic Fractures and Dislocations **(Especially know complications)**

Hip Fractures and Dislocations

Traumatic Dislocation of the Hip Joint

Patellar Dislocation

Injuries around the Knee

- Ligamentous Injuries
- Meniscal Injury
- Knee Dislocation

Foot and Ankle Injuries

- Fractures Common to All Parts of the Foot (Stress Fractures)
- Ankle Fractures and Dislocations
Calcaneus Fractures

Failure of Fracture Healing

Chapter 3: Sports Medicine

Focus on Knee Injuries (Especially the exam)
Ankle and Foot pain
Overuse Syndromes of the Lower Extremities

Chapter 7: Orthopedic Infections: Basic Principles of Pathogenesis, Diagnosis, and Treatment

Joint Infections
Review Table 7 - 1

Chapter 8: Foot and Ankle Surgery

Diabetic Foot

Chapter 9: Hand Surgery

Diagnosis of Disorders of the Hand
Figure 9 -4
What is a Boutonnière Deformity?
What is a Mallet Finger?
What is de Quervain Tenosynovitis?
What is Dupuytren Disease?
Compartment Syndrome
What is Volkmann ischemic contracture?
Infections of the Hand

Chapter 10: Pediatric Orthopedics

Common Pediatric Fracture Patterns
Salter-Harris Classification