

Contents

1. Introduction.....	1
Orthopedics	1
Physiotherapy.....	1
Introduction.....	1
Rehabilitation.....	2
2. Fractures.....	4
Fracture	4
Another Atypical Fractures	7
3. Approach to a Person with Limb Injury	10
How to Recognize a Fracture.....	10
4. Fracture Management: General Principles	13
Management of Fracture.....	13
Rehabilitation.....	19
5. Management of Open Fracture.....	21
Management of Open Fracture (Due to High Velocity Trauma)	21
Internal Wound Management.....	22
Rehabilitation.....	24
6. Complications of Fractures.....	25
Immediate Complications.....	25
Early Complications	26
Other Early Complications	27
Late Complications.....	28
Other Complications.....	35
7. Injury Around the Shoulder	39
Clavicle Fracture	39
Scapula Fracture	41
Dislocation of Sternoclavicular Joint (SC Joint).....	43
Subluxation or Dislocation of Acromioclavicular Joint (AC Joint)	45
Shoulder Dislocation	47
Fracture Surgical Neck of Humerus.....	50
Fracture Greater Tuberosity of Humerus	55
Fracture Shaft of Humerus	55
Distal Humerus Fracture.....	59
8. Injuries Around the Elbow	60
Supracondylar Fracture Humerus	60
Lateral Condyle Fracture	65
Intercondylar Fracture	67
Fracture Medial Epicondyle.....	69
Dislocation of the Elbow	70

Pulled Elbow	72
Fracture Olecranon	73
Fracture Head of the Radius	74
Fracture Neck of the Radius	76
Fracture Capitulum.....	77
9. Injuries Around Forearm and Wrist.....	79
Forearm Fractures.....	79
Fracture Radius/Ulna.....	79
Monteggia Fracture Dislocation	82
Galeazzi Fracture Dislocation (Piedmont Fracture)	85
Colle's Fracture	86
Smith's Fracture (Reversed Colle's Fracture).....	90
Barton's Fracture	91
Scaphoid Fracture.....	92
Lunate Dislocation	93
10. Hand Injuries.....	95
Bennet's Fracture Dislocation.....	95
Rolando's Fracture	96
Boxer's Fracture	96
Fracture Metacarpals	96
Mallet Finger (Baseball Finger)	98
Fracture Phalanges	98
Dislocation of Metacarpophalangeal Joint	100
11. Injuries Around the Pelvis.....	102
Pelvis Fracture.....	102
12. Injuries Around The Hip	108
Dislocation of Hip.....	108
Femoral Neck Fracture (Intratrochantric Fracture).....	114
Fatigue Fracture of Neck of Femur	120
Intertrochantric Fracture.....	120
Subtrochanteric Fracture	124
13. Femoral Shaft Fracture.....	128
Femoral Shaft Fracture	128
14. Injuries Around The Knee.....	133
Distal Femur Fracture	133
Femoral Condyle Fracture	135
Patella Fracture.....	136
Patella Dislocation.....	140
Knee Dislocation	142
15. Injuries Around the Leg, Ankle and Foot.....	144
Tibiofibular Shaft Fracture.....	144
Tibial Plateau/Condylar Fracture	149

Ankle Injuries	153
Calcaneum Fracture (OS Calcis)	156
Talus Fracture	160
Midtarsal or Mid Foot or Chopart Joints Fracture	162
Metatarsals Bone Fracture	163
Metatarsophalangeal (MTP) Joints Injury	164
Toes Fracture	166
Sesamoid Fracture	167
16. Orthopedic and Physiotherapy Examination	168
Examination	168
Shoulder Examination	172
Acromioclavicular Joint (AC Joint)	173
Elbow	173
Wrist	174
Hands	175
Hip Examination	177
Knee Examination	179
Ankle Examination	180
17. Physiotherapy Management of Upper Limb	181
Physiotherapy Management of Fracture Clavicle	181
Physiotherapy Management of Fracture Scapula	182
Physiotherapy Management of Acromioclavicular Subluxation/ Dislocation	182
Physiotherapy Management of Anterior Shoulder Dislocation	183
Physiotherapy Management of Fracture Surgical Neck of Humerus	190
Physiotherapy Management of Fracture Greater Tuberosity Humerus	193
Physiotherapy Management of Fracture Shaft Humerus	193
Physiotherapy Management of Supracondylar Fracture Humerus	194
Physiotherapy Management of Single Condylar Fracture Humerus	195
Physiotherapy Management of Intercondylar Fracture Humerus	196
Physiotherapy Management of Elbow Dislocation	196
Physiotherapy Management of Fracture Olecranon	197
Physiotherapy Management of Fracture Head and Neck of Radius	197
Physiotherapy Management of Fracture Capitulum	199
Physiotherapy Management of Fracture Both Bones of the Forearm	200
Physiotherapy Management of Fracture Single Bone of the Forearm	200
Physiotherapy Management of Colle's Fracture	200
Physiotherapy Management of Smith's Fracture	204
Physiotherapy Management of Fracture Scaphoid	204
Physiotherapy Management of Lunate Fracture	205
Physiotherapy Management of Bennett's Fracture Dislocation	205
Physiotherapy Management of Rolando Fracture	205
Physiotherapy Management of Metacarpal Fracture	205
Physiotherapy Management of Phalangeal Fracture	206

18. Physiotherapy Management of Lower Limb.....	209
Physiotherapy Management of Fracture Neck Femur.....	209
Physiotherapy Management of Fracture Femur Trochanter.....	211
Physiotherapy Management of Fracture Shaft Femur.....	211
Physiotherapy Management of Supracondylar Fracture.....	213
Physiotherapy Management of Fracture Patella.....	214
Physiotherapy Management of Knee Dislocation.....	220
Physiotherapy Management of Fracture Tibial Condyles.....	221
Physiotherapy Management of Fracture Intercondylar Tibia.....	222
Physiotherapy Management of Fracture Tibia and Fibula.....	222
Physiotherapy Management of Fracture Around the Ankle Joint.....	223
Physiotherapy Management of Fracture Talus.....	225
Physiotherapy Management of Fracture Calcaneum.....	226
Physiotherapy Management of Fracture Midfoot.....	227
Physiotherapy Management of Fracture Forefoot.....	227
19. Peripheral Joint Mobilization.....	229
Peripheral Joint Mobilization.....	229
Basic Rules for Joint Mobilization.....	230
Grades or Dosage of Movement.....	231
Peripheral Joint Mobilization Techniques (Upper Limb).....	232
Proximal Radioulnar Joint.....	242
Distal Radioulnar Joint.....	242
The Wrist Complex.....	244
Intercarpal (IC) Joints Glides.....	247
The Hand and the Finger Joints.....	248
Peripheral Joint Mobilization Techniques (Lower Limb).....	252
Maitland's Mobilization.....	265
Common Techniques used for Upper Limb Mobilization.....	267
Common Techniques used for Lower Limb Mobilization.....	271
Mulligan's Upper Limb Mobilization Techniques (Mobilizations with Movement [MWM]).....	273
20. Muscle Energy Techniques (MET).....	277
Introduction.....	277
21. Positional Release Techniques (PRT).....	280
Introduction.....	280
<i>Index.....</i>	<i>283</i>