



TRAUMA

- ▣ Axial Trauma
 - Spine
 - Pelvis
- ▣ Appendicular Trauma
 - Upper Extremity
 - Lower Extremity
- ▣ Sequela & Complications

Clavicle and AC joint

- ▣ Grades of acromioclavicular joint separation
- ▣ Clavicle fracture
- ▣ Sternoclavicular fracture / dislocation
- ▣ Post-traumatic osteolysis

Shoulder

- Anatomic vs. surgical neck humerus fracture
- **Greater tuberosity humerus fracture**
- Scapular fracture
 - Body
 - Glenoid
- Dislocations
 - **Anterior**
 - (a) Hill Sachs fracture
 - (b) Bankart fracture
 - (c) Recurrence
 - **Posterior**
 - (a) Reverse Bankart
 - (b) Neurovascular injuries
 - **Other**
 - **Inferior**
 - scapulothoracic dissociation*

Shoulder

- **Rotator cuff tear**
- **Labral injury**
 - Patterns of instability
 - SLAP tear
- **Proximal biceps tear or dislocation**
- **Impingement syndrome**
 - Anterior
 - Posterior
 - Coracoid
- **Adhesive capsulitis**

Elbow

- ▣ Radial head fracture
- ▣ Fracture/dislocation
- ▣ Humeral condyle fractures
- ▣ Extensor tendinosis (tennis elbow/lateral epicondylitis)
- ▣ Flexor tendinosis (pitcher's elbow/medial epicondylitis)
- ▣ Ulnar collateral ligament tear
- ▣ Radial collateral ligament tear
- ▣ Biceps avulsion
- ▣ Triceps avulsion

Wrist

- ▣ Colles fracture
- ▣ Smith fracture
- ▣ Radial styloid fracture
- ▣ Isolated carpal bone fracture
 - Scaphoid fracture
 - Significance of blood supply
 - Osteonecrosis
 - Non-union
 - Triquetral fracture
 - Hamate fracture
 - Other
- ▣ Complex carpal bone injuries
 - Perilunate dislocation
 - Lunate dislocation
- ▣ Ligament tears
 - Interosseous ligaments
 - Triangular fibrocartilage complex
 - Extrinsic ligaments
- ▣ Chronic carpal instability
 - Dorsal intercalated segment instability
 - Volar intercalated segment instability
 - Scapholunate advanced collapse
- ▣ Distal radioulnar joint injury
- ▣ Carpal tunnel syndrome
- ▣ Ulnar impaction syndrome

Hand

- **Phalanx fracture / dislocation**
 - Intra vs. extra articular
 - **Volar plate fracture**
 - Tuft fracture
- **Metacarpal fracture**
 - **Bennett vs. Rolando fracture**
 - **Boxer fracture**
- Carpometacarpal dislocation
- Tendon injuries
- Pulley injuries
- **Capsular and collateral ligament injuries**
 - **Gamekeeper (skier) thumb**
 - Metacarpophalangeal joint

Lower Extremity Trauma

- Hip
- Femur
- Knee
- Ankle
- Foot

Hip & Femur

- ▣ Acetabular fracture - fracture patterns
- ▣ Hip dislocation - risk of osteonecrosis
- ▣ Femoral neck fracture
- ▣ Intertrochanteric fracture
- ▣ Femoral head fracture
- ▣ Labral injury

Knee

- ▣ Femoral condyle fracture
- ▣ Tibial plateau fracture
- ▣ Knee dislocation
- ▣ Patella fracture
- ▣ Patella dislocation
- ▣ Meniscal injury
 - Bucket handle tear
 - Parrot-beak tear
 - Horizontal oblique tear
 - Horizontal cleavage tear
 - Vertical longitudinal tear
 - Radial tear
 - Complex tear
 - Root tear
 - Meniscocapsular separation
 - Fraying and degeneration
 - Displaced fragments
 - Meniscal cyst

Knee

- Ligament injury
 - Anterior cruciate
 - Posterior cruciate
 - Medial collateral
 - Lateral collateral
- Extensor mechanism injury
 - Quadriceps tear
 - Patellar tendon (ligament) tear
 - Retinaculum injury
- Posterolateral corner injury
 - Popliteus muscle/tendon
 - Arcuate ligament*
 - Popliteofibular ligament*
 - Fabellofibular ligament*
- Articular cartilage injury
- Overuse injuries
 - Plica syndrome
 - Iliotibial band friction syndrome
 - Pes anserine bursitis

Ankle

- ▣ Mechanisms of injury
- ▣ Pilon fracture
- ▣ Tilleaux fracture
- ▣ Maisonneuve fracture
- ▣ Ligament injury
 - Anterior talofibular ligament
 - Deltoid ligament
 - Syndesmotic/anterior tibiofibular ligament
- ▣ Talar fracture
 - Dome fracture
 - Neck fracture
 - Lateral process fracture

Foot

- Calcaneal fracture - anterior process fracture
- Fifth metatarsal base fracture
- Metatarsal fracture
- Lisfranc fracture/dislocation
- Phalanx fracture
- Cuboid fracture
- Navicular fracture

Lecture 2: TUMORS

Bone: BENIGN (2 of 2)

- ▣ Lipoid
 - Lipoma
 - Liposclerosing myxofibrous tumor (LSMFT)*
- ▣ Vascular
 - Hemangioma - Multiple (Osler-Weber- Rendu)
 - Hemophilic pseudotumor
 - Lymphangioma
 - Glomus tumor
 - Hemangiopericytoma*
 - Gorham disease*
- ▣ Other
 - Unicameral bone cyst (simple bone cyst)
 - Aneurysmal bone cyst
 - (a) Primary
 - (b) Secondary
 - Giant cell tumor of bone
 - Langerhans cell histiocytosis (eosinophilic granuloma)
 - Chordoma
 - Intraosseous ganglion
 - Reactive lesions
 - Giant cell reparative granuloma
 - Bizarre parosteal osseous proliferation (BPPOP)*
 - Epidermoid inclusion cyst

Soft Tissue: BENIGN (1 of 2)

- ▣ Fibrous
 - Fibroma
 - Fibromatosis
 - Desmoid
 - Elastofibroma
- ▣ Neural
 - Neurofibroma
 - Schwannoma
 - Neurofibromatosis
 - Neuroma
 - Lipomatosis of nerve (fibrolipomatous hamartoma)
 - Post-resection neuroma
 - Morton neuroma
- ▣ Cartilaginous - soft tissue chondroma
- ▣ Vascular
 - Hemangioma
 - Hemangioendothelioma
 - Glomus tumor
 - Vascular malformations
 - Lymphangioma
