

LECTURES

1st and 2nd week

1. Principles of Fractures – for the first week.
(Mech. of Injuries, Bone repair, Soft tissue repair, types of fractures, Guidelines of Fracture and soft tissue management).
2. Soft Tissues Injuries – which includes:

Pathophysiology of:
 - a. Peripheral Nerve Inj.
 - b. Mechanical Knee Disorder
3. Limbs Fractures Dislocation (2 hours)
“Common Fractures and Dislocations”
 - a. Dislocations
 - b. Supracondylar Fracture in Children
 - c. Proximal Femoral Fracture
 - d. Articular Fracture
 - e. Hip dislocation/Pelvic Inj.
It has to be general lectures covering:
 1. Mechanics of Injuries
 2. Clinical picture of a fracture
 3. Complications of Fractures
 4. First Aid of a Fracture (Principles)
 5. Outline of Treatment (Cast, MUA, Fixation)
4. Mechanical Disorder of Spine and Spinal Injuries (2 hours)

3rd Week

“Principles of Orthopaedics”

Two days lecture

Aim to cover:

1. Terminology (Varu/valgus, malrotation non-union/mal-union/FFD etc.)
2. Aetiology & D/D (thinking process and organization of thoughts when facing clinical problem)
 - a. Congenital
 - b. Neurological
 - c. Metabolic
 - d. Infection
 - e. Tumours
3. Presentation:
 - a. Pain (types, nature, etc.)
 - b. Swelling
 - c. Limp
 - d. Deformity
 - e. Loss of function
4. Investigations
(ESR, CRP, CBC, X-ray, Bone Scan, Nerve Conduction, Biopsies, Arthroscopy, etc.)

Treatment

1. In general (Conservative vs. Operative)
2. Pain control (e.g. drugs, splints, assurance, etc.)
3. Reconstruction
4. Deformity correction
5. Orthotics/Prosthetics
6. P.O.P.
7. Traction

4th week

1. C.D.H. and C.T.E.V. (2 hours)
2. Paralytic Disorders – (Polio and C.P.) (2 hours)
3. Osteoarthritis which covers Diff. Diagnosis of inflammatory joints dis.
4. Metabolic Bone Diseases (Rickets, Osteomalacia, hyperparathyroidism, osteoporosis)
5. Bone Tumours
 - a. General Principles
 - b. Benign tumours (bone cysts, osteochondroma)
 - c. Malignant tumours (Giant cell – intermediate), osteosarcoma, Ewings, Secondaries)

TUTORIALS**EXAMINATIONS****1st & 2nd week**

1. Knee
2. Hip
3. Upper Limbs
4. Foot and Ankle
5. Back and Neuro

3rd week

1. P.O.P.
2. Traction
3. Instruments (IMN, K-wire, Screws, Plates (including DHS, Condylar, etc.), Prosthesis, External fixators)
4. Orthotics and Prosthetics
5. Investigations and X-ray
6. Physiotherapy

4th and 5th week

1. Bone and Joint Infection (3-4 hours)
2. Chronic Specific Bone Infection
3. Common Hip Disorders
4. Common Knee Disorders
5. Common Back Disorders

