

A Guide to Musculoskeletal Injuries

aims to serve as a handy Guide | Handbook for all clinicians dealing with injury or trauma in any emergency setup. With the steep rise in road traffic accidents, a large number of victims sustain musculoskeletal injuries globally. There is a need to assess and treat these patients to achieve satisfactory results. Knowledge of basic clinical anatomy, mechanism of injury, classification systems, management protocol, common complications and prognosis is essential for the treating clinician. This handbook has been written keeping these points in the forefront. The Handbook may be used as a quick reference for undergraduate students in medicine, residents undergoing training in accident and emergency unit, postgraduate students in orthopaedics and traumatology, and junior orthopaedic consultants.

With fast-track life style, the younger generation of students would like to go through audiovisual aids along with reading for better understanding of the basics. The reference list in each chapter thus includes short videos, which the reader can quickly go through simultaneously while reading the text.

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is Professor and senior consultant, Department of Orthopaedics, Kasturba Medical College, Mangalore, an institution of eminence, affiliated to MAHE University. He is the former Head, Department of Orthopaedics, Kasturba Medical College, Mangalore, and Melaka Manipal Medical College, Melaka, Malaysia. He had worked in United Kingdom for 5 years and has acquired MCh degree from Liverpool University. He is an academician, administrator and teacher for nearly four decades. He has trained many students in the field of medicine and in orthopaedics. This book, written for the benefit of the postgraduate students and the residents, is based on the vast clinical experience that he acquired in Great Britain, Malaysia and India.



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ISBN: 978-93-54660-70-2



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A Guide to Musculoskeletal Injuries

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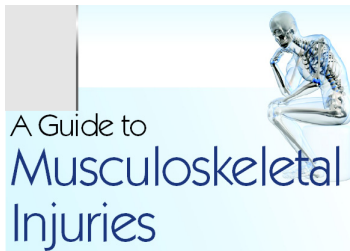
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ISBN: 978-93-54660-70-2

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First Edition: 2022

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Published by **Satish Kumar Jain** and produced by **Varun Jain** for

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4819/XI Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi 110 002, India.

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Printed at Goyal Offset Works Pvt. Ltd., Haryana (INDIA)

to



(1958–2020)

*my beloved wife, Mrs. GEETHA B
who has been the pillar of my life and
has been a great source of inspiration...*

Foreword

It gives me great pleasure to pen a few lines as foreword to a book *A Guide to Musculoskeletal Injuries* written by my good friend Dr B Seetharama Rao, former HOD and Professor of Orthopaedics at KMC Hospital, Attavar. I know him from 1976 when I joined KMC Manipal for first MBBS when he was 1 year my senior and a role model for juniors even then. Thereafter all through his innings as UG and PG in orthopaedics in Kasturba Medical College Mangalore, he has a number of academic achievements which enabled him to get trained in United Kingdom after which he came back and headed the department as its youngest HOD from 1997 to 2002 during which time department rose to great heights under his leadership.

A gentleman to the core he is an excellent teacher, gifted surgeon and a great mentor to his students. His case presentations to Clinical Society are a class apart—outstanding and looked forwards to.

I am very sure the book he has written will blaze a new trail for his students to travel upon and follow his footsteps to reach their academic destination.



Dr M Venkatraya Prabhu

Dean
Kasturba Medical College
Mangalore

Foreword

“It is the supreme art of the teacher to awaken joy in creative expression and knowledge”

—Albert Einstein

I feel proud to write a brief foreword to a book *A guide to Musculoskeletal injuries*—written by my senior colleague Dr B Seetharama Rao, Professor of Orthopaedics and former Head of Department Orthopaedics, KMC, Mangalore. I had known him for last two decades and witnessed his teaching and professionalism in the department. This book is going to be companion for orthopaedics undergraduates and postgraduates as well as practicing orthopaedic surgeons. Also it is aimed to benefit trainees in Emergency medicine and physiotherapy students.

I am sure that this book is going to awaken creative expression and knowledge in orthopaedic trainees and other readers.



Prof Dr Surendra Umesh Kamath

Dip (Ortho), DNB (Ortho), FRCS (Edinburg), FRCS (Glasgow)

Professor and HOD

Department of Orthopaedics

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Preface

Musculoskeletal injuries are on the rise and hence the need to have a good knowledge related to them, especially their management. The concerned medical person, be it a student or a staff, has to know the basics with quick references. Keeping this in mind, this book is written in such a style that common injuries are described with line diagrams, clinical pictures, simple tables and algorithms. Particular attention is given to highlight the incidence, mechanism of injury, various classification systems, relevant investigations, management protocol and the complications.

At the end of each chapter, references are given, related to important articles in literature. In addition, to gain a visual impact, website references, including short video clippings, are stated for better understanding.

Any suggestions, remarks or feedback are most welcome by the reader(s) for future amendments in bringing out new addition of this book.

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