ORTHOPAEDIC TERMINOLOGY

BY

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REGISTRAR FELLOW TRAUMA & ORTHOPAEDICS
1840, from French orthopedique, coined by French physician Nicholas Andry (1658-1742), from Greek. orthos "straight, correct" + paideia "rearing of children."
Terminology

- Names of bones!
- Type of bone.
- Where on the bone.
- Define the position of the bone / joint.
- Fracture classifications.
- Treatments.
Types of bones

- Long bones (Femur, Tibia)
- Short bones (Carpal, Metacarpals)
- Flat bones (Ribs, Pelvis)
- Irregular bones (Vertebrae, Scapula)
- Sesamoid bones (Patella)
Long bones

- Physis (growth plate)
- Epiphysis
- Metaphysis
- Diaphysis
“The Rule of Thirds”

- Divide anything into thirds
- Proximal
- Middle
- Distal

(From the midline of the body)
Definition of movement

(A motion, a change in position)
Flexion

Bending a body part or decreasing the angle between the parts.
Extension

Straightening a body part to increase the angle between the parts.
Abduction

Moving a part of the body away from the midline.
Adduction

Moving a part of the body towards the midline.
Supination

Turning the hand so the palm faces upwards.
Pronation

Turning the hand so the palm faces downwards.
Inversion

Turning the **foot** so that the sole faces inwards.
Eversion

Turning the **foot** so that the sole faces outwards.
Rotation

Turning the body part on the axis.
Circumduction

A combination of movement which result in a cone-like movement (e.g. arm circles).
Terminology used to describe body positions

- Superior - towards the head
- Inferior - towards the feet
- Anterior - front
- Posterior - back
- Medial - towards the midline
- Lateral - towards the side
- Proximal - nearer the trunk
- Distal - away from the trunk
- Prone - face down
- Supine - face up
VARUS & VALGUS

- The terms varus and valgus always refer to the direction that the distal segment points.
- **Varus** is the inward angulation of the distal segment of a bone or joint.
- **Valgus** is the outward angulation of the distal segment of a bone or joint.
Varus
Valgus
Varus & Valgus
Genu Varum
Genu Valgum
Hallux Valgus
Fracture

A break in the structural continuity of bone.
Definition of fractures

- Open (Compound) vs Closed (Simple)
- 2-Part vs Comminuted (Multifragmentary)
- Displaced vs Undisplaced
- Site
- Intra-articular / Extra-articular
- Pattern
- Eponymous classifications
Fracture Displacement

- Impacted
- Distracted
- Angulated (Dorsal / Volar etc)
- Rotated
- Translated
Orthopaedic Treatments

Operative vs Non-operative
OA of the Knee

- Analgesia
- Intra-articular injection (LA & Steroid)
- Arthroscopy
- Arthroplasty
- Arthrodesis
Fracture Treatment

- Reduce
- Fix
- Hold
- Rehabilitate
REMEMBER

- DEFINE
- DESCRIBE
- Think of the words origins.
- You will make more mistakes by not looking than not knowing.