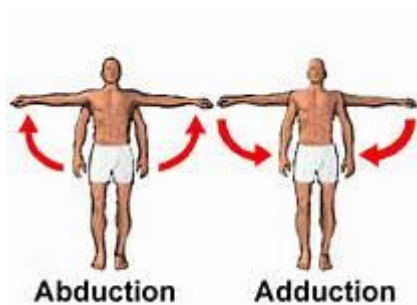


## Orthopaedic information.

ACL – Anterior cruciate ligament.



Abduction – Moving away from the midline.



Adduction – Moving towards the midline.

Ankylosing Spondylitis – Rheumatoid degenerative fusing of the vertebrae, resulting in loss of function and position.

Arthritis – Inflammation of a joint, usually accompanied by pain and often changes in structure.

Arthro – Pertaining to a joint.

Arthrodesis – Surgical fixation of a joint by fusion.

Arthroplasty – An operation to restore or reform a joint to make an artificial joint.

Arthroscopy – An operation to look inside a joint with an arthroscope.

Arthrotomy – An operation in which a joint is opened surgically.

Aspiration – To drain puss or fluid via a needle.

Avascular Necrosis – Death of bone cells (and thus bone) due to cessation of a blood supply.

Avulsion – Forceful separation or tearing away of two connecting parts.

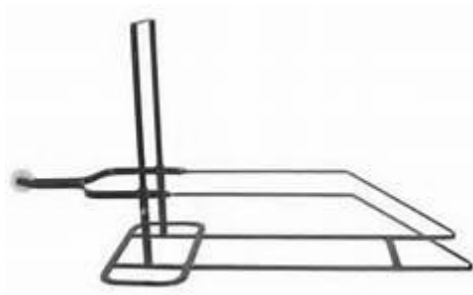
Bradford sling – A sling used to elevate the arm to prevent swelling.



Bursa – Sac or cavity composed of synovial membrane containing synovial fluid that serves as a cushioning device between tendon and bone, tendon and ligaments or between two other structures where friction is likely to occur.

Bursitis – Inflammation of a bursa.

Braun frame – A frame used to elevate the leg to prevent swelling.

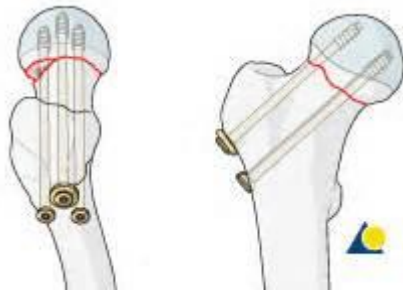


Broad arm sling – A sling used to support the arm.



Callus – The osseous material formed between the ends of a fractured bone or thickening of a horny layer of skin.

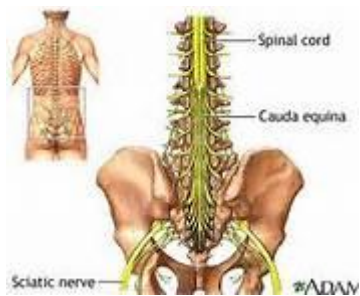
Cannulated hip screws – A type of fixation used for hip fractures.



Carpal Tunnel Syndrome – Pressure on the median nerve at the point at which it goes through the carpal tunnel of the wrist. It causes soreness, tenderness and weakness of the thumb, index, middle and ring fingers.



Cauda Equina – The collection of nerves at the bottom of the spinal cord.



Cauda Equina Syndrome – Pressure on the nerves as above.

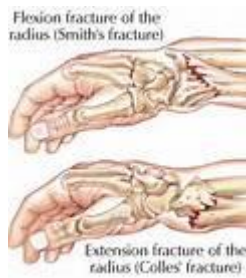
Cellulitis – Inflammation of cellular or connective tissue.

Charnley wedge – Abduction wedge used following hip operations to prevent dislocation.



Closed fracture – A fracture without an open skin wound.

Colles' fracture – A fracture of the distal radius in the forearm.



Compartment syndrome – Increased venous pressure within an enclosed area or compartment that can lead to tissue necrosis if the pressure is not released.

CPM – Continuous passive movement.

CSM – Colour, sensation and movement.

Debridement – Surgical cutting away of dead tissue or foreign body from a wound.

Dislocation – The displacement of any part of a bone from its normal position in the joint.

Distal – Situated away from the centre line of the body.

DHS – Dynamic hip screw fixation used for neck of femur fractures.

DIP – Distal interphalangeal joint (last finger joint).

DNAR – Do not attempt resuscitation.

Effusion – An increase of synovial fluid.

EUA – Examination under anaesthetic.

Ex-Fix – External fixation to stabilise a fracture with pins attached to an external framework.



Fasciotomy – Incision into one or more fascia (covering of muscle) to relieve pressure.

Fracture (#) – A break in the continuity of the bone (see below for diagram of types of fracture).

Futura splint – A splint used to support the wrist.



FWB – Fully weight bearing.

GA – General anaesthetic.

Ganglion – A small cyst, swelling near a joint.

Gout - A disease caused by the deposition of sodium waste in and around joints, causing inflammation.

Haemarthrosis – A collection of blood in a joint.

Haematoma – A swelling/collection that contains blood.

Hyperextension – The extension of a limb beyond its normal position.

Iliac crest – Boney ridges at the side of the abdomen on the outer portion of the pelvis.

Intracapsular – Within the capsule of a joint, such as a hip or shoulder joint.

IM nail - Intramedullary nail, insertion of a metal rod/nail into a fractured bone.

K-wire – Kirschner wire, a narrow wire used to hold bones together whilst they heal following a fracture or operation.

Lateral –to the side.

Medial - Inside/to the middle.

MUA - Manipulation under anaesthetic.

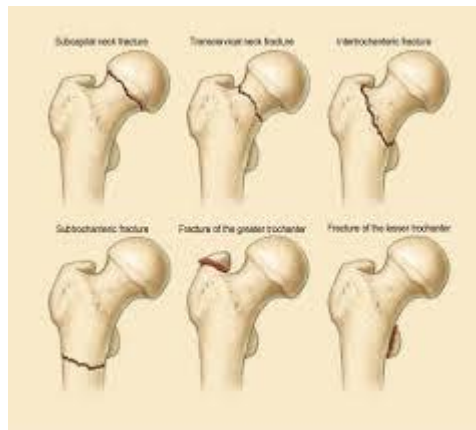
Muscle atrophy – Wearing a way of muscle tissue because of disease or paralysis.

NBM – Nil by mouth.

MP – Metacarpophalangeal joint (joint at the base of the finger).

MUA – Manipulation under anaesthetic.

NOF – Neck of femur.



NOH – Neck of humerus.

NWB – Non weight bearing.

Open fracture - A fracture with the presence of a wound.

ORIF – Open reduction and internal fixation.

Osteomyelitis – Infection in bone.

Osteoporosis – A condition in which bones become soft and spongy.

Osteotomy – Surgical opening of bone or cutting through bone.

PCA – Patient controlled analgesia.

Periprosthetic fracture – A fracture around a prosthetic joint.

PIP – Proximal interphalangeal joint (middle finger joint).

Poly sling – A sling used to immobilise the arm.



POP – Plaster of Paris.

Proximal – Near, close to trunk.

PWB – Partial weight bearing.

Reduction – Putting a fracture or dislocation back into its correct position.

Revision surgery – Surgery to repair/replace an artificial joint.

RA – Rheumatoid arthritis.

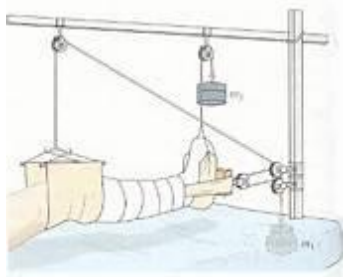
Richard's splint – Used to immobilise the knee joint.



Rotator cuff – Encircling muscles of the shoulder, which permit the shoulder joint to rotate and turn in a circular fashion.

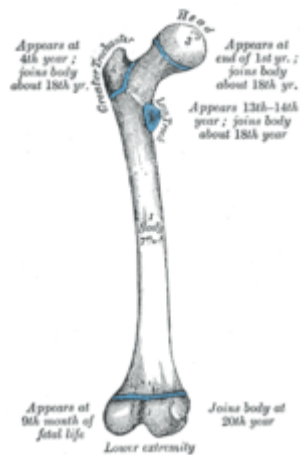
Sciatica – Pain in the leg from along the sciatic nerve, travelling down the back of the thigh and down the leg.

Skin traction – Is used in the temporary treatment of fractures/dislocations to apply traction. It prevents muscle spasms, immobilises the limb and reduces the fracture.



Smith's fracture- A fracture of the distal radius in the forearm (see Colle's fracture for diagram).

SOF – Shaft of femur.



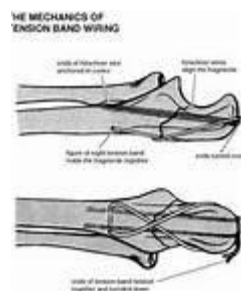
Spinal anaesthetic – A anaesthetic used to give numbness to the lower parts of the body.

Sprain – Partial tear of a ligament.

Stress fracture – A crack or break in a bone due to excessive stretching or pulling.

Subluxation – Partial or incomplete dislocation.

TBW – Tension band wiring.



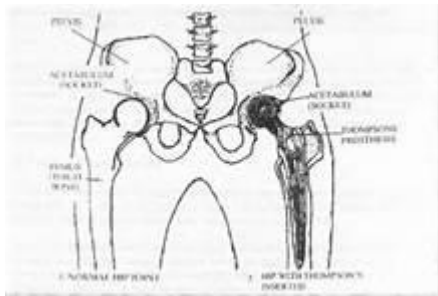


Tenotomy – Surgical division of a tendon.

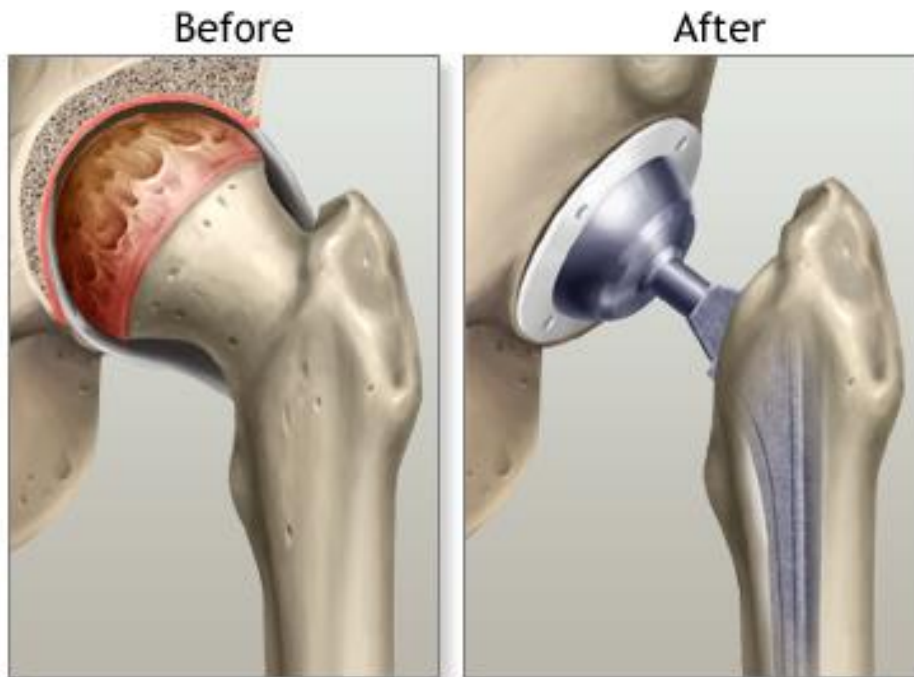
Thomas splint – Used to temporarily stabilise femoral shaft of femur fractures.



Thompsons/Hemiarthroplasty – Fixation used for a fractures hip, replaces the head of the femur.



THR – Total hip replacement. Hip prosthesis that replaces both the ball and socket component of the hip. See <http://www.nhs.uk/conditions/Hip-replacement/Pages/Introduction.aspx> for further information.



ADAM.

TKR – Total knee replacement replaced the whole knee joint. See <http://www.nhs.uk/conditions/Knee-replacement/Pages/Kneereplacementexplained.aspx> for further information.



ADAM.

Traction – A mechanism for straightening broken bones.

Trochanter - Either of the two bony processes below and on either side of the neck of femur.

TWB – Touch weight bearing.

USS – Ultra sound scan.

WBAA/T – Weight bear as able/tolerated.

## Types of fractures

