

# Most Common Orthopedic-Related Injuries

With the various movements we make every day, we subject our bones, muscles, tendons, and ligaments to a lot of wear and tear as we go through life. At some point, we may suffer an orthopedic injury; the most common of which include:

- Dislocated shoulder
- Wrist Fracture
- ACL Tear
- Stress Fracture
- Ankle and Foot Sprain
- Rotator Cuff Tear
- Tennis Elbow
- Carpal Tunnel Syndrome
- Meniscus Tear
- Plantar Fasciitis



## DISLOCATED SHOULDER

Impacts during accidents and sports activities are the top causes of shoulder dislocation, in which the head of the humerus separates from the shoulder socket. People who dislocate their shoulders will experience severe pain as well as swelling and bruising in the shoulder or upper arm area.



## ROTATOR CUFF TEAR

Repetitive shoulder motions can injure the rotator cuff, a group of muscles and tendons that surrounds the shoulder joint. Symptoms of a rotator cuff injury include pain and weakness when lifting or rotating the affected arm.



## TENNIS ELBOW

Excessive use of the arm, forearm, and hand muscles may lead to tennis elbow, a condition where the tendons around the elbow are irritated and inflamed, causing pain.



## CARPAL TUNNEL SYNDROME

Refers to pressure on the median nerve in the wrist that causes pain, numbness, weakness, and tingling in the hand and fingers. Overuse of hands, arms, and fingers when doing repetitive tasks is often to blame for this orthopedic injury.



## WRIST FRACTURE

Often caused by falling on an outstretched hand, a wrist fracture or a broken wrist is a common injury during sports and dancing activities. Also known as a distal radius fracture, a broken wrist is marked by pain and swelling. Moving and using the hand and wrist will be hard, and even moving the fingers will bring on pain.



## ACL TEAR

The anterior cruciate ligament or ACL is the main ligament on your knee that keeps it stabilized. When making abrupt stops and turns, a person risks suffering an ACL tear, which causes severe pain, rapid swelling, and instability when standing.



## MENISCUS TEAR

The meniscus is the cartilage on our knees that facilitates leg movement. Tearing the meniscus after forcefully twisting or rotating your knee during an activity will bring on pain, swelling, and stiffness. Extending the injured knee will also become difficult.



## ANKLE AND FOOT SPRAIN

One of the most common orthopedic-related injuries, ankle and foot sprains occur when your foot or ankle, stretching partially tearing or tearing completely the ligaments that keep the bones in their proper position. Pain, swelling, bruising, and tenderness when you touch the ankle are common symptoms of an ankle or foot sprain.



## STRESS FRACTURE

Overuse and repetitive activity are the primary causes of a stress fracture, which are small cracks in a bone, typically in the feet and ankle. Stress fractures are common among athletes, particularly those who run and jump a great deal while in action.



## PLANTAR FASCIITIS

Plantar fasciitis occurs when there is repeated stress on the plantar fascia, the band of tissue connecting the toes and the heel bone. It is the most common reason for heel pain.

Some orthopedic injuries heal on their own with medication, rest, and time, while some may require surgery. It's always best to consult a reputable orthopedic specialist to know your options if you suffer any of the above injuries.

# Orthopedic Injuries

**James Adams**



## **Orthopedic Injuries:**

Orthopedics in Disasters Nikolaj Wolfson, Alexander Lerner, Leonid Roshal, 2016-05-30 This book is the first to address specifically the mechanisms and treatment of orthopedic injuries due to natural disasters and other mass casualty events Casualty management is discussed in a range of contexts from earthquakes and tsunamis to terror attacks and combat situations Organizational aspects are addressed general treatment principles are documented and the management of a variety of orthopedic injuries is described with the aid of numerous illustrations The book will serve as an invaluable source of practical knowledge for a broad spectrum of medical and other staff including emergency personnel orthopedic and trauma surgeons general practitioners medical students and professionals working for the military government bodies and NGOs

**Orthopedic Emergencies, An Issue of Emergency Medicine Clinics of North America** David Della-Giustina, 2015-06-03 For this issue Drs David Della Giustina and Katja Goldflam have provided an excellent array of topics and authors concerning Orthopedic Emergencies Articles include Evaluation and Treatment of the Neck and Cervical Spine Evaluation and Treatment of Hand Injuries Evaluation and Treatment of Wrist Injuries Evaluation and Treatment of Elbow and Forearm Injuries Evaluation and Treatment of the Shoulder and Humerus Evaluation and Treatment of Pelvic Injuries Evaluation and Treatment of Foot and Ankle Injuries and more

**The Trauma Handbook of the Massachusetts General Hospital** Robert Leo Sheridan, 2004-01-01 Written by a multidisciplinary team of residents fellows and faculty at the Massachusetts General Hospital this new addition to the LWW Handbook Series is a practical accessible guide to the evaluation and management of trauma and burn patients In a format designed for quick reference this pocket sized book presents hospital tested guidelines and procedures for pre hospital care and transport immediate assessment and interventions and evaluation and management of specific injuries at each anatomic site Chapters on specific injuries follow a consistent structure epidemiology and mechanisms important surgical anatomy important physiology initial evaluation diagnostic methods nonoperative management operative techniques postoperative care rehabilitation and long term follow up

*Rosen's Emergency Medicine - Concepts and Clinical Practice E-Book* Ron Walls, Robert Hockberger, Marianne Gausche-Hill, 2017-03-09 Since its revolutionary first edition in 1983 Rosen's Emergency Medicine set the standard for reliable accessible and comprehensive information to guide the clinical practice of emergency medicine Generations of emergency medicine residents and practitioners have relied on Rosen's as the source for current information across the spectrum of emergency medicine practice The 9th Edition continues this tradition of excellence offering the unparalleled clarity and authority you've come to expect from the award winning leader in the field Throughout the text content is now more concise clinically relevant and accessible than ever before meeting the needs of today's increasingly busy emergency medicine practitioner Delivers clear precise information focused writing and references relevant concise information and generous use of illustrations provide definitive guidance for every emergency situation Offers the most immediately relevant

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**Trauma** Demetrios Demetriades, Carl R. Chudnofsky, Elizabeth R. Benjamin, 2021-06-17 The third edition of the Color Atlas of Emergency Trauma brings the reader to the bedside of patients with traumatic injuries at one of the largest and busiest trauma centers in North America It includes over 1200 images designed as a comprehensive visual and reference guide to emergency trauma care Organized by major body regions this atlas explores the full spectrum of common and uncommon traumatic injuries including those caused by firearms stab wounds blunt trauma crush injury and burns It also covers special patient groups such as pregnant pediatric and geriatric populations Each chapter is augmented with patient images at presentation radiographic intraoperative and autopsy images and color illustrations and photographs showing key anatomy from the cadaver laboratory With common pitfalls discussed and invaluable tips from a multidisciplinary group of experienced trauma care providers this book is a useful and practical resource for all those involved in trauma care

**Rosen's Emergency Medicine - Concepts and Clinical Practice, 2-Volume Set, Expert Consult Premium Edition - Enhanced Online Features and Print, 7** James Adams, 2010-01-01 This reference places the latest information at users fingertips and a more streamlined format makes it easy to find the exact information quickly and conveniently Includes access to a companion Web site for additional resources      *Rosen's Emergency Medicine - Concepts and Clinical Practice E-Book* John Marx, Robert Hockberger, Ron Walls, 2013-08-01 Rely on Rosen's Emergency Medicine for the latest answers on every facet of emergency medicine practice For decades this medical reference book has set the standard in emergency medicine offering unparalleled comprehensiveness clarity and authority to help you put the latest and best knowledge to work for your patients in the ER Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Compatible with Kindle nook and other popular devices Practice confidently with easily actionable dependable guidance on the entire breadth of emergency medicine topics Get expert guidance on how to approach specific clinical presentations in the ER The Cardinal Presentations Section provides quick and easy reference to differential diagnosis and directed testing for fever in the adult patient dizziness and vertigo chest pain and over 20 other frequently

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*Trauma* William C. Wilson, Christopher M. Grande, David B. Hoyt, 2007-02-05 Produced by a world renowned team of trauma specialists this source reviews initial management considerations beginning in the pre hospital phase continues through the primary and secondary surveys of the hospital based evaluation process and proceeds to the perioperative management of trauma burns and associated conditions This reference pro

**External Fixation in Orthopedic Traumatology** David Seligson, Cyril Mauffrey, Craig S. Roberts, 2011-11-04 External fixation in Orthopedic traumatology is a textbook that focuses on the use of external fixation in the acute management of patients with serious orthopedic injuries The book highlights the indications for external fixation and provides an evidenced based guide to both the specialist orthopedic surgeon and the trainee The manuscript is organised in 15 chapters covering the indications and surgical techniques for pelvis lower limb and upper limb injuries including detailed illustrations and clinical photographs that will enable the reader to rapidly visualise the structure of the construct and to plan the surgery accordingly More general topics such as damage control orthopedics the biomechanics of external fixation and medico legal considerations surrounding the injured patients are also included to provide an overall picture of the Orthopedic trauma patient The Combined experience of the editors and authors their involvement in a number of external fixation system designs and their international reputation in the field contribute to making this textbook an essential tool that should be available to all orthopedic surgeons dealing with injured patients

**Biomarkers in Trauma, Injury and Critical Care** Rajkumar Rajendram, Victor R. Preedy, Vinood B. Patel, 2023-03-22 This handbook systematically presents biomarkers for traumatic injuries The book covers topics such as traumatic brain injury liver injury burn severity muscle heart damage and acute inflammation in polytrauma and their detection by biomarkers Biomarkers and methods used in critical care and critically ill patients are discussed as well as biomarkers in trauma and special conditions Specific biomarker components are explained and models for modeling trauma in research are presented This systematic handbook is an excellent resource for researchers and specialists in trauma research and treatment as well as clinicians and physicians who want a thorough overview of various injuries trauma and their detection methods

**A Guide to Mastery in Clinical Nursing** Joyce J. Fitzpatrick, Celeste M. Alfes, Ronald Hickman, 2017-12-28 Designed for both new registered nurses and nurses transitioning to a new clinical area this extensive clinical reference is the only resource to provide essential information on more than 300 topics from 11 specialty areas Concise and practical entries provide fundamental coverage of the most common clinical

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**First Aid and Emergency Management in Orthopedic Injuries** MS Dhillon, Sarvdeep S Dhatt, 2012-03-31 This book discusses the emergency management of orthopaedic injuries Beginning with an introduction to fractures and dislocations topics include orthopaedic infections open fractures long bone fractures acute spinal injuries and hand injuries Additional chapters discuss injuries stemming from gunshots and both natural and man made disasters Differences in prehospital care for orthopaedic trauma in developed versus developing countries are examined as are the different aspects of first aid treatment at the roadside versus emergency treatment in the casualty room

Color Atlas of Emergency Trauma Diku P. Mandavia, Edward J. Newton, Demetrios Demetriades, 2003-09-15 This full color atlas presents nearly 700 images from the largest and busiest trauma center in North America The images bring the reader to the bedside of patients with the full spectrum of common and uncommon traumatic injuries including motor vehicle accidents falls lacerations burns impalements stabbings and gunshot wounds The clinical operative and autopsy photographs X ray ultrasound CT MRI and angiography radiographs and original illustrations depicting injury patterns guide clinicians in recognizing prioritizing and managing trauma patients by using the physical cues paramount to the emergency setting Organized by major body regions into separate chapters on the head face neck chest abdomen musculoskeletal system spine and soft tissue the thorough text of this comprehensive atlas discusses management guidelines emergency workup protocols and common pitfalls The Color Atlas of Emergency Trauma is an essential resource for those involved in trauma care

**The Medical Department of the United States Army in World War II.** United States. Army Medical Service, 1956

Prehospital Trauma Care Eldar Soreide, Christopher M. Grande, 2001-07-27 Comprehensive in scope and content Prehospital Trauma Care PTC covers all aspects of emergency medicine triage assessment and treatment anesthesia intensive care psychiatry health and military disasters burns shock and

surgery Written by over 70 distinguished international experts representing Australia Austria Belgium Canada Den

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Perler, 2022-06-04 Encyclopedic definitive and state of the art in the field of vascular disease and its medical surgical and interventional management Rutherford's Vascular Surgery and Endovascular Therapy offers authoritative guidance from the most respected and innovative global thought leaders and clinical and basic science experts of our time The thoroughly revised 10th Edition published in association with the Society for Vascular Surgery and authored by multidisciplinary and international contributors is an outstanding reference for vascular surgeons vascular medicine specialists interventional radiologists and cardiologists and their trainees who depend upon Rutherford's in their practice Under the expert editorial guidance of Drs Anton N Sidawy and Bruce A Perler it is quite simply the most complete and most reliable resource available on the art and science of circulatory diseases Incorporates fundamental vascular biology diagnostic techniques and decision making as well as medical endovascular and surgical treatment of vascular disease Features numerous concise and comprehensive diagnostic and therapeutic algorithms vital to patient evaluation and management Covers all vascular imaging techniques offering a non invasive evaluation of both the morphology and hemodynamics of the vascular system Employs a full color layout images and online videos so readers can view clinical and physical findings and operative techniques more vividly Contains fully updated and more concise chapters with a focused format and summary for each that provides a quick access to key information ideal for consultation as well as daily practice Includes expanded coverage of the business of vascular surgery including a new section on the use of technology platforms and social media and new chapters on telemedicine the development and operation of outpatient dialysis centers and multispecialty cardiovascular centers vascular information on the internet and much more Provides new content on key topics such as endovascular treatment of complex aortic disease acute vascular occlusion in the pediatric population outpatient vascular care and anatomic surgical exposures for open surgical reconstructions Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices *Small Animal Surgery E-Book*

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**Trauma Centers** Jeffrey S. Young, 2020-01-27 This book is a quick guide to the key components of trauma center administration management and patient care This book provides essential information for hospitals working toward trauma center designation and for established trauma centers who want to improve their performance This book provides trauma center personnel with a comprehensive overview of trauma center administrative structure basic clinical operations performance improvement and site visit preparation and examines the most common critical injuries seen by trauma centers to demonstrate how a properly functioning center addresses multiple priorities in

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