

Index

- Acetabular labrum tear, 189
Acetabulum, 167
Achilles tendinopathy, 299
Achilles tendon rupture, 252, 277, 298
Achilles tendon, 276, 298
Acromioclavicular joint injury, 21
Acromioclavicular joint, 2
Adhesive capsulitis (frozen shoulder), 39
Adson's maneuver, 318, 332
Alar ligament, 313
Anconeus, 58
Ankle brachial index, 225
Ankle dislocation reduction technique, 269
Ankle dislocation, 268
Ankle fractures, 267
Ankle instability, 262
Ankle jerk reflex, 257
Ankle stirrup splint, 409, 414
Ankle, 253
 Anatomy, 253
 Anterior inferior tibiofibular ligament, 254, 260
 Anterior talofibular ligament (ATFL), 254, 255, 260
 Calcaneofibular ligament (CFL), 254, 255
 Calcaneus, 254
 Deltoid ligament, 254, 255, 257, 267
 Fibula, 253
 Interosseus membrane, 254, 255
 Lateral malleolus, 254
 Medial malleolus, 254
 Peroneus brevis, 264
 Peroneus longus, 264
 Posterior inferior tibiofibular ligament, 254
 Posterior talofibular ligament (PTFL), 254, 255, 260
 Posterior tibial tendon, 263
 Posterior tibialis muscle, 257
 Subtalar (talocalcaneal) joint, 253
 Syndesmosis (tibiofibular), 254, 255, 256, 257, 258, 259, 260, 267
 Talus, 253
 Tibia, 253
 History, 255
 Physical exam, 255
 Ankle jerk reflex, 257
 Anterior drawer test (ankle), 256, 258, 260, 262
 Compression test, 256, 258, 260
 Dorsiflexion eversion test, 257, 260
 Posterior tibial artery, 257
 Too many toes sign, 263
 Diagnoses
 Ankle dislocation, 268
 Reduction technique, 269
 Ankle fractures, 267
 Ankle instability, 262
 Avulsion fracture of medial or lateral malleolus, 267
 High ankle sprain, 254, 256, 257, 258, 260
 Lateral ankle sprain, 259
 Lateral malleolus fracture, 267
 Maisonneuve fracture, 248, 249, 257, 259
 Medial ankle sprain, 257
 Osteochondral lesion, 262, 265
 Osteochondritis desiccans, 265
 Peroneal tendinopathy, 264
 Peroneal tendon subluxation, 260
 Posterior tibial tendinopathy, 263
 Salter-Harris fracture, 259, 261, 268
 Annular ligament, 59
 Annulus fibrosus, 337
 Anterior compartment, lower leg, 242, 250
 Anterior cruciate ligament (ACL), 208, 209
 Anterior cruciate ligament injury, 218, 225
 Anterior drawer test (ankle), 256, 258, 260, 262
 Anterior drawer test (knee), 210, 219
 Anterior impingement test (hip), 190
 Anterior inferior tibiofibular ligament, 254, 260
 Anterior interosseus nerve, 91
 Anterior longitudinal ligament, 313, 338
 Anterior shoulder (glenohumeral) dislocation, 12
 Anterior shoulder dislocation scapular manipulation reduction technique, 15
 Anterior shoulder dislocation Stimson reduction technique, 16
 Anterior shoulder dislocation traction/countertraction reduction technique, 15
 Anterior spinal cord syndrome, 320
 Anterior superior iliac crest avulsion fracture, 178
 Anterior talofibular ligament (ATFL), 254, 255, 260
 Anterior tibial artery, 275
 Anterolisthesis, 351
 Apley compression test, 212, 224
 Apley scratch test, 7
 Apophysitis, calcaneal (Sever's disease), 305
 Apprehension test, 43
 Arrhythmogenic right ventricular cardiomyopathy (ARVC), 386
 Arthritis, inflammatory (shoulder), 46
 Arthritis, osteoarthritis
 Knee, 235
 Shoulder, 46
 Arthritis, osteonecrosis/avascular necrosis (shoulder), 46
 Arthritis, secondary/posttraumatic (shoulder), 46
 Arthritis, septic (elbow), 95
 Articular process (lumbar spine), 337
 Athletic pubalgia (sports hernia), 183
 Atlantoaxial instability, 323
 Atlantooccipital joint, 313
 Atlas (C1), 313, 315
 Atrial fibrillation, 378

Index

- Avascular necrosis (osteonecrosis)
 Hip, 199
 Legg-Calve Perthes disease (LCPD), 200
 Shoulder, 46
 Avulsion fracture of medial or lateral malleolus, 267
 Axillary nerve, 4, 12, 60
 Axis (C2), 313, 315
- Bado classification for Monteggia fractures, 75
 Baker's cyst (Popliteal cyst), 229
 Ballottement, 209
 Bankart lesion, 13
 Barton's fracture, 128
 Bennett fracture, 157
 Biceps brachii, 58
 Biceps femoris, 208
 Biceps reflex, 60
 Biceps squeeze test, 82
 Biceps tendon rupture (distal), 82
 Biceps reflex, 60
 Bipartite patella, 214
 Bohler's angle, 278
 Bowler's thumb, 160
 Boxer's fracture, 157
 Boxer's knuckle, 148
 Brachial artery, 59, 60, 64, 82
 Brachial cutaneous nerve, 60
 Brachial plexus neuropraxia ('stingers' or 'burners'), 327
 Brachial plexus, 314, 317
 Brachialis, 58
 Brachialis reflex, 60
 Brachioradialis, 58, 59
 Brachioradialis reflex, 60
 Bradycardia, 369
 Braggard's test, 340, 349
 Brown-Sequard syndrome, 320
 Brugada syndrome, 376
 Burkhalter splint, 409, 410
 Bursitis
 Olecranon, 92
 Prepatellar, 231
 Retrocalcaneal and forefoot, 305
 Trochanteric, 193
 Septic, olecranon, 92
 Burst fracture (lumbar spine), 344
- C1 (Atlas), 313, 315
 C2 (Axis), 313, 315
 Calcaneofibular ligament (CFL), 254, 255
 Calcaneus fractures, 277
 Calcaneus, 254, 273, 278
 Calcific tendonitis, 38
 Calcaneal apophysitis (Sever's disease), 305
 CAM lesion, 185, 186
 Canadian C-spine rules, 316
 Capitate fracture, 116
 Capitate, 104, 116, 120, 124
 Capitellum, 57
 Capitulate angle, 110
 Carpal tunnel syndrome, 107, 108, 132
 Catastrophic cervical spine injury, 320
 Catecholaminergic polymorphic, 375
 Cauda equina syndrome, 347
 Cauda equina, 338
 Central (extensor) slip, 139, 144, 154, 155
 Central cord syndrome, 320
 Central nucleus pulposus (lumbar spine), 337
 Central slip rupture, 144
 Cervical cord neuropraxia (transient quadriplegia), 329
 Cervical disc herniation, 330
 Cervical spinal canal stenosis, 314
 Cervical spine, 311
 Anatomy, 312
 Alar ligament, 313
 Anterior longitudinal ligament, 313
 Atlantooccipital joint, 313
 Atlas (C1), 313, 315
 Axis (C2), 313, 315
 Brachial plexus, 314, 317
 Dorsal scapular nerve, 314
 Facet joint, 313
 Internal carotid artery, 314
 Intraspinous ligament, 314
 Lamina, 313
 Levator scapula, 314
 Ligamentum flavum, 313
 Longus capitis, 314
 Neural foramen, 313
 Odontoid process (dens), 313, 315
 Pedicle, 313
 Posterior longitudinal ligament, 313
 Rhomboids, 314
 Scalene, 314, 317
 Spinal accessory nerve, 314
 Spinous process, 313, 315
 Splenius capitis, 314
 Sternocleidomastoid, 314, 317
 Suprascapular nerve, 314
 Supraspinous ligament, 314
 Transverse atlantal ligament, 313
 Transverse process, 313, 315
 Trapezius, 314, 317
 Vertebral arch, 313
 Vertebral artery, 314
 Vertebral body, 313
 Vertebral foramen, 313
 History, 315
 Physical exam, 316
 Adson's maneuver, 318, 332
 Elevated arm stress test, 318, 332
 Hoffman's sign, 318, 324, 330
 Kumar's sign, 317, 318
 Median nerve, 317
 Radial nerve, 317
 Spurling's test, 318, 328, 330
 Ulnar nerve, 317
- Diagnoses
 Anterior spinal cord syndrome, 320
 Atlantoaxial instability, 323
 Brachial plexus neuropraxia ('stingers' or 'burners'), 327
 Brown-Sequard syndrome, 320
 Catastrophic cervical spine injury, 320
 Central cord syndrome, 320
 Cervical cord neuropraxia (transient quadriplegia), 329
 Cervical disc dislocation, 330
 Cervical sprain, strain and contusion, 326
 Clay-shoveler's fracture, 324
 Facet dislocation, 324
 Hangman's fracture, 323
 Jefferson fracture, 323
 Odontoid (dens) fracture, 323
 Spinal cord injury without radiographic abnormality (SCIWORA), 322
 Thoracic outlet syndrome (TOS), 319, 332
 Vertebral body fracture, 323
 Cervical sprain, strain and contusion, 326
 Chance fracture, 344
 Chondromalacia patella, 232
 Chopart joint, 273
 Chronic exertional compartment syndrome, 249
 Chronic traumatic encephalopathy (CTE), 363
 Clavicle fracture, 31
 Clavicle, 2
 Clay-shoveler's fracture, 324
 Collateral ligament (finger), 139, 142
 Colles fracture, 125
 Common extensor tendon, 139
 Common peroneal nerve, 208, 213, 222, 225
 Common peroneal nerve entrapment, 251
 Commotio cordis, 377
 Compartment syndrome
 Foot, 301
 Hand, 160
 Lower leg (acute), 250
 Lower leg (exertional), 249

- Compression test (lower leg/ankle), 248, 256, 258, 260
 Concussion, 316
 Conus medullaris, 338
 Core muscle weakness, 176
 Coronary artery anomalies, 387
 Coronoid process, 58
 Cozen's test, 61, 86
 Cross-over test, 6, 22
 Crossed straight leg raise, 340, 349
 Cubital tunnel syndrome (ulnar neuritis), 85, 89
 Cubitus valgus, 60
 Cubitus varus, 60
 Cuboid fracture, 284
 Cuboid, 273, 284
 Cuff and collar, 409
 Cuneiform fracture, 285
 Cuneiforms, 273, 285

 Deep fibular nerve, 275
 Deep peroneal nerve entrapment, 303
 Deep posterior compartment, lower leg, 242
 Deltoid ligament, 254, 255, 257, 267
 Deltoid, 3
 Denis classification system, 342
 Dens (Odontoid process), 313, 315
 DeQuervain's tenosynovitis, 107, 133
 Dial test, 210, 220, 223
 Distal interphalangeal joint (hand), 139
 Distal phalanx (tuft) fracture, 155
 Distal radioulnar joint (DRUJ) instability, 109, 130
 Distal radioulnar joint (DRUJ), 105
 Distal radius fractures, 131
 Dorsal scapular nerve, 12, 314
 Dorsalis pedis artery 244, 275, 286, 290, 339
 Dorsiflexion eversion test, 248, 257, 260
 Double sugar-tong splint, 409, 412
 Down's syndrome, and cervical spine, 326
 Drop arm test, 9, 38
 Durkan's test, 133

 Early repolarization (J-point elevation), 369
 East riding elbow rule, 69
 Elbow dislocation one-person technique reduction maneuver, 65
 Elbow dislocation prone traction reduction maneuver, 65
 Elbow dislocation supine traction/countertraction reduction maneuver, 64
 Elbow dislocation, 63
 Elbow flexion test, 87, 90
 Elbow, 57
 Anatomy, 57
 Anconeus, 58
 Annular ligament, 59
 Anterior interosseus nerve, 91
 Axillary nerve, 60
 Biceps brachii, 58
 Brachial artery, 59, 60, 64, 82
 Brachial cutaneous nerve, 60
 Brachialis, 58
 Brachioradialis, 58, 59
 Capitellum, 57
 Coronoid process, 58
 Epiondyles, medial and lateral, 57
 Extensor carpi radialis brevis, 58, 61
 Extensor carpi radialis longus, 58
 Extensor carpi ulnaris, 58
 Extensor digiti minimi, 58
 Extensor digitorum, 58
 Flexor carpi radialis, 58
 Flexor carpi ulnaris, 58, 59
 Flexor digitorum profundus, 59
 Flexor digitorum superficialis, 58
 Humerus, 57
 Medial antebrachial cutaneous nerve, 60
 Median nerve, 59, 64, 73, 82, 91
 Musculocutaneous nerve, 60
 Olecranon, 58
 Palmaris longus, 58
 Posterior interosseus nerve, 75, 77
 Pronator quadratus, 58
 Pronator teres, 58, 59, 91
 Radial (lateral) collateral ligament, 58, 59
 Radial artery, 59
 Radial nerve, 59, 64, 73, 75, 77, 84
 Radius, 57, 67
 Supinator, 58, 59
 Triceps, 58, 59
 Trochlea, 58
 Ulna, 57
 Ulnar (medial) collateral ligament, 58, 59
 Ulnar artery, 59
 Ulnar nerve, 59, 64, 73, 85, 89
 Physical exam, 59
 Biceps squeeze test, 82
 Cozen's test, 61, 86
 Cubitus valgus, 60
 Cubitus varus, 60
 Elbow flexion test, 87, 90
 Golfer's elbow test, 62, 87
 Hook test, 61, 82
 Maudsley's test, 86
 Modified milking maneuver, 62, 69, 80
 Moving valgus stress test, 62, 65, 69, 80, 87
 Posterolateral rotatory instability test, 80
 Pronation, 60
 Reflexes, 60
 Biceps, 60
 Brachioradialis, 60
 Triceps, 60
 Reverse Popeye sign, 82
 Scratch test, 90
 Supination, 60
 Tennis elbow (lateral epicondylitis), 86
 Tennis elbow test, 61, 86
 Thompson triceps test, 84
 Tinel's sign (median nerve, pronator syndrome), 91
 Tinel's sign (ulnar nerve), 90
 Valgus stress test, 80
 Varus stress test, 62, 65, 80
 Wartenburg sign, 89
 Diagnoses
 Biceps tendon rupture (distal), 82
 Cubital tunnel syndrome (ulnar neuritis), 85, 89
 Elbow dislocation, 63
 Reduction maneuvers, 64
 One person technique, 65
 Prone traction, 65
 Supine traction/countertraction, 64
 Essex-Lopresti fracture, 69
 Lateral epicondylitis (tennis elbow), 61, 86
 Little Leaguer's elbow, 77
 Medial epicondylitis (golfer's elbow), 61, 86, 87
 Monteggia fracture, 75
 Bado classification, 75
 Nursemaid's elbow, 59, 66
 Reduction maneuvers, 68
 Hyperpronation, 68
 Supination/flexion, 68
 Olecranon bursitis, 92
 Osteochondritis dessicans, 77
 Pronator syndrome, 91
 Radial collateral ligament injury, 62, 79
 Radial head fracture, 69
 Mason classification, 70
 Ruptured distal biceps tendon, 61
 Septic arthritis, 95
 Supracondylar fracture, 73
 Gartland classification, 73
 Triceps tendon rupture (distal), 84
 Ulnar collateral ligament injury, 62, 79

Index

- Elevated arm stress test, 318, 332
 Empty can test, 9, 38
 Erector spinae, 338
 Essex-Lopresti fracture, 69
 Exercise-associated collapse (heat syncope), 373, 401
 Exertional hyponatremia, 402
 Exertional heat illness
 Heat exhaustion, 390, 391, 398
 Heat stroke, 390, 391, 394
 Extensor carpi radialis brevis, 58, 61
 Extensor carpi radialis longus, 58
 Extensor carpi ulnaris, 58
 Extensor digiti minimi, 58
 Extensor digitorum, 58
 Extensor expansion complex (hood), 139
 Extensor mechanism disruption, 212, 217, 225
 Extensor mechanism, test for integrity of, 212, 214, 216, 217
 Extensor tendons (hand), 139
- Fabella, 214
 Facet dislocation (cervical spine), 324
 Facet joint (cervical spine), 313
 Femoral head, 167
 Femoral neck stress fracture, 184
 Femoral nerve stretch test, 174
 Femoral nerve, 275
 Fibula fracture, 247, 257, 258
 Fibula, 242, 253, 257, 258
 Fight bite, 161
 Finger dislocation, 154
 Finkelstein test, 107, 133
 First degree AV block, 369
 First metatarsal fracture, 289
 Flexion-distraction injury (lumbar spine), 344
 Flexion, abduction, and external rotation (FABER) or Patrick test, 171, 179, 182, 185, 198
 Flexion, adduction and internal rotation (FADDR) test, 172, 185
 Flexor carpi radialis, 58
 Flexor carpi ulnaris, 58, 59
 Flexor digitorum longus, 245
 Flexor digitorum profundus (deep flexor tendon), 59, 139, 142
 Flexor digitorum superficialis (superficial flexor tendon), 58, 139, 142
 Flexor tendons (hand), 139
 Flexor tenosynovitis, 162
 Foot, 273
 Anatomy, 273
 Anterior tibial artery, 275
 Calcaneus, 273, 278
 Chopart joint, 273
 Cuboid, 273, 284
 Cuneiforms, 273, 285
 Deep fibular nerve, 275
 Dorsalis pedis artery, 275, 286, 290, 339
 Femoral nerve, 275
 Forefoot, 273
 Hindfoot, 273
 Lisfranc joint, 273, 286
 Metatarsals, 273
 Midfoot, 273
 Navicular, 273
 Peroneal artery, 275
 Phalanges (foot), 273
 Popliteal artery, 275
 Posterior tibial artery, 275
 Posterior tibial nerve, 303
 Saphenous nerve, 275
 Sciatic nerve, 275
 Superficial fibular nerve, 275
 Sural nerve, 275
 Talus, 273, 281
 Tarsometatarsal joint, 273
 Tibial nerve, 275
- History, 276
 Physical exam, 276
 Achilles tendon, 276, 298
 Knee flexion test, 277
 Morton's test, 277, 304
 Peroneal tendons, 276
 Pes cavus (high arch), 276
 Pes planus (flat foot), 276
 Posterior tibial tendon, 276
 Thompson test, 277, 299
 Tinel's sign, 277, 303
- Diagnoses
 Achilles tendinopathy, 299
 Achilles tendon rupture, 277
 Achilles tendon rupture, 298
 Bohler's angle, 278
 Bursitis (foot), retrocalcaneal and forefoot, 305
 Calcaneus fractures, 277
 Compartment syndrome, 301
 Cuboid fracture, 284
 Cuneiform fracture, 285
 Deep peroneal nerve entrapment, 303
 First metatarsal fracture, 289
 Gissane angle, 278
 Jones fracture, 292
 Lisfranc fracture-dislocation, 286
 Metatarsal fracture, second to fourth, 291
 Metatarsophalangeal joint sprain (Turf toe), 300
 Morton's neuroma (plantar interdigital neuroma), 304
 Mulder's sign, 277, 304
 Navicular fractures, 283
 Phalangeal fracture, foot, 294
 Plantar fasciitis, 302
 Plantar interdigital neuroma (Morton's neuroma), 304
 Proximal fifth metatarsal fracture, 292
 Sesamoid fracture, 295
 Sever's disease (calcaneal apophysitis), 305
 Stress fracture, foot, 296
 Subtalar dislocation, 297
 Talus fractures, 279
 Tarsal tunnel syndrome, 277, 303
 Toe dislocation, 298
 Forearm sugar-tong splint, 409, 412
 Forefoot, 273
 Forefoot bursitis, 305
 Frozen shoulder (adhesive capsulitis), 39
- Galeazzi fracture, 130
 Gamekeeper's thumb (ulnar collateral ligament sprain/rupture or skier's thumb), 153
 Ganglion cyst, 135
 Gartland classification for supracondylar fractures, 73
 Gastrocnemius, 208
 Gastrocnemius strain/tear, 252
 Gissane angle, 278
 Glenohumeral joint, 2, 3
 Glenoid labrum, 2
 Golfer's elbow (medial epicondylitis), 61, 86, 87
 Golfer's elbow test, 62, 87
 Gracilis, 208
 Greenstick fracture, 131
 Grind test, 212, 233
 Guyon's canal, 118
- Hamate fractures, 116
 Hamate, 104, 116
 Hamstring strain/tear, 205
 Hangman's fracture, 323
 Hand, 139
 Anatomy, 139
 Central (extensor) slip, 139, 144, 154, 155
 Collateral ligament, 139, 142
 Common extensor tendon, 139
 Distal interphalangeal joint, 139

- Extensor expansion complex (hood), 139
- Extensor tendons, 139
- Flexor digitorum profundus (deep flexor tendon), 139, 142
- Flexor digitorum superficialis (superficial flexor tendon), 139, 142
- Flexor tendons, 139
- Lateral bands, 139
- Median nerve, 139, 142
- Metacarpals, 139
- Metacarpophalangeal joint, 139
- Phalanges (hand), 139
- Proximal interphalangeal joint, 139
- Radial artery, 140
- Radial nerve, 140, 142
- Terminal extensor tendon, 139, 154, 155
- Ulnar artery, 140
- Ulnar nerve, 140, 142
- Volar plate, 139, 154
- History, 140
- Physical exam, 140
- Diagnoses
- Bennett fracture, 157
 - Bowler's thumb, 160
 - Boxer's fracture, 157
 - Boxer's knuckle, 148
 - Central slip rupture, 144
 - Compartment syndrome, 160
 - Distal phalanx (tuft) fracture, 155
 - East riding elbow rule, 69
 - Fight bite, 161
 - Finger dislocation, 154
 - Flexor tenosynovitis, 162
 - Kanavel's signs, 162
 - Jersey finger, 142
 - Mallet finger, 147
 - Metacarpal fracture, 157
 - Nailbed injury, 159
 - Phalanx fractures, middle and proximal, 156
 - Rolando fracture, 157
 - Stener lesion, 154
 - Subungual hematoma, 158
 - Tendon laceration, 149
 - Trigger finger, 161
 - Ulnar collateral ligament sprain/rupture (skier's/gamekeeper's thumb), 153
 - Volar plate rupture, 154
 - Volkmann's contracture, 75
- Hard-sole shoe, 409
- Hawkins-Kennedy impingement sign, 8, 37, 38, 45
- Heat cramps, 400
- Heat exhaustion (exertional), 390, 391
- Heat stroke
 - Classic, 394, 398
 - Exertional, 390, 391, 394
- Heat syncope (exercise-associated collapse), 373, 401
- Helmet removal and cervical spine p 315
- High ankle sprain, 254, 256, 257, 258, 260
- Hill-Sachs lesion, 13
- Hindfoot, 273
- Hip dislocation, 195
- Hip fracture, 194
- Hip pointer, 177
- Hoffman's sign, 318, 324, 330
- Hook of the hamate, 107
- Hook test, 61, 82
- Humerus, 2, 57
- Hutchinson fracture, 129
- Hypertrophic cardiomyopathy, 385
- Iliopsoas, 338
- Iliotibial band friction syndrome (knee), 212, 234
- Iliotibial band (friction) syndrome (hip), 202
- Iliotibial band, 208, 222, 234
- Inferior patella tendon, 209, 213
- Inferior shoulder (glenohumeral) dislocation (luxatio erecta), 20
- Inferior shoulder dislocation axial traction reduction technique, 20
- Inferior shoulder dislocation two step reduction technique, 21
- Inflammatory arthritis (shoulder), 46
- Infraspinatus test, 9, 38
- Infraspinatus, 3, 4, 5
- Insall-Salvati ratio, 217
- Internal carotid artery 314
- Interosseus membrane, 242, 254, 255
- Interspinous ligament, 338
- Intervetebreal (neural) foramina (lumbar spine), 337
- Intervetebreal disc (lumbar spine), 337
- Intraspinous ligament, 314
- Ischial tuberosity avulsion fracture, 182
- J-point elevation (early repolarization), 369
- Jefferson fracture, 323
- Jersey finger, 142
- Jobe relocation test, 43
- Jones fracture, 292
- Juvenile idiopathic arthritis (shoulder), 49
- Kanavel's signs, 162
- Keinbock's disease, 115
- Klein line, 191
- Knee dislocation, 225
- Knee flexion test, 277
- Knee immobilizer, 409
- Knee osteoarthritis, 235
- Knee, 208
 - Anatomy, 208
 - Anterior cruciate ligament (ACL), 208, 209
 - Biceps femoris, 208
 - Bipartite patella, 214
 - Common peroneal, 208, 213, 222, 225
 - Fabella, 214
 - Gastrocnemius, 208
 - Gracilis, 208
 - Iliotibial band, 208, 222, 234
 - Inferior patella tendon, 209, 213
 - Lateral collateral ligament (LCL), 208, 211, 222
 - Medial and lateral menisci, 208, 211, 223
 - Medial collateral ligament (MCL), 208, 211, 221
 - Patella, 213
 - Popliteal artery, 208, 225
 - Popliteal vein, 208
 - Popliteus, 208
 - Posterior cruciate ligament (PCL), 208, 210, 220
 - Posterolateral corner, 210, 222
 - Quadriceps tendon, 209, 213
 - Rectus femoris, 208, 213
 - Sartorius, 208
 - Sciatic nerve, 208
 - Semimembranosus, 208
 - Semitendinosus, 208
 - Tibial nerve, 208, 213
 - Tibial tuberosity, 209
 - Vastus intermedius, 208, 213
 - Vastus lateralis, 208, 213
 - Vastus medialis, 208, 213
- History, 208
- Physical exam, 209
 - Anterior drawer test, 210, 219
 - Apley compression test, 12, 224
 - Ballottement, 209
 - Dial test, 210, 220, 223
 - Extensor mechanism, test for integrity of, 212, 214, 216, 217
 - Grind test, 212, 233
 - Lachman test, 210, 219
 - McMurray's test, 211, 224
 - Nerves, 213

Index

- Knee (cont.)
 Common peroneal, 213
 Saphenous, 213, 221
 Tibial, 213
 Noble compression test, 212, 234
 Ober's test, 212, 234
 Patellar apprehension test, 213, 216
 Pivot shift test, 210, 219
 Posterior drawer test, 210, 220
 Posterior sag test, 210, 220
 Theatre sign, 233
 Valgus stress test, 211, 221
 Varus stress test, 211, 222
- Diagnoses
 Anterior cruciate ligament injury, 218, 225
 Chondromalacia patella, 232
 Extensor mechanism disruption, 212
 Extensor mechanism disruption, 217, 225
 Patellar tendon rupture, 217
 Quadriceps tendon rupture, 217
 Tibial tubercle avulsion fracture, 217, 218
 Iliotibial band friction syndrome, 212, 234
 Knee dislocation, 225
 Knee osteoarthritis, 235
 Lateral collateral ligament injury, 222, 225
 Medial collateral ligament injury, 221, 225
 Meniscal tear (medial and lateral), 223
 Osgood-Schlatter disease, 231
 Osteochondritis dissecans, 234
 Patellar dislocation (instability), 213, 215
 Patellar fracture, 213
 Patellar sleeve fracture, 215
 Patellar tendinopathy, 228
 Patellofemoral pain syndrome (Runner's knee), 212, 232
 Pellegrini–Stieda lesion, 221
 Popliteal cyst (Baker's cyst), 229
 Posterior cruciate ligament injury, 220, 225
 Posterolateral corner (PLC) injury, 220, 222, 223, 225
 Prepatellar bursitis, 231
 Proximal tibiofibular joint dislocation, 224
 Closed reduction technique, 224
 Segond fracture, 219
 Septic arthritis, 236
 Sinding–Larsen–Johansson disease, 229
 Tibial plateau fracture, 227
 Tibial spine fracture, 219
 Kumar's sign, 317, 318
 Kyphoplasty, 343
 Lachman test, 210, 219
 Lamina (cervical spine), 313
 Laminae (lumbar spine), 337
 Lateral (radial) collateral ligament, 58, 59
 Lateral ankle sprain, 259
 Lateral bands, 139
 Lateral collateral ligament (LCL), 208, 211, 222
 Lateral collateral ligament injury, 222, 225
 Lateral compartment (lower leg), 242, 250
 Lateral epicondyle (elbow), 57
 Lateral epicondylitis (tennis elbow), 61, 86
 Lateral malleolus fracture, 267
 Lateral malleolus, 254
 Lateral meniscal tear, 223
 Lateral meniscus, 208, 211, 223
 Lateral pectoral nerve, 12
 Legg–Calve–Perthes disease (LCPD), 200
 Levator scapula, 314
 Lift-off test, 9, 38
 Ligamentum flavum, 313, 338
 Lisfranc fracture-dislocation, 286
 Lisfranc joint, 273, 286
 Lister's tubercle, 107, 120
 Little Leaguer's elbow, 77
 Load and shift test, 43
 Long QT syndrome, 379
 Long thoracic nerve, 12
 Longus capitis, 314
 Lower leg (tibia and fibula), 242
 Anatomy, 242
 Anterior compartment, 242, 250
 Deep posterior compartment, 242
 Fibula, 242, 257, 258
 Flexor digitorum longus, 245
 Interosseus membrane, 242
 Lateral compartment, 242, 250
 Soleus, 245
 Superficial posterior compartment, 242
 Tibia, 242
 Tibialis posterior, 245
 Tibiofibular joint, 242
 Tibiofibular syndesmosis, 248, 254
 History, 242
 Physical exam, 243
 Compression test, 248
 Dorsalis pedis artery, 244
 Dorsiflexion eversion test, 248
 Peroneal nerve, 248
 Single leg hop test, 244, 247
 Tinell's sign, 251
- Diagnoses
 Achilles tendon rupture, 252
 Chronic exertional compartment syndrome, 249
 Fibula fracture, 247, 257, 258
 Gastrocnemius strain/tear, 252
 Maisonneuve fracture, 248, 249, 257
 Medial tibial stress syndrome (MTSS), 244, 245
 Nerve entrapment, 251
 Shin splints, 245
 Tibia stress fracture, 246
 Common peroneal nerve, 251
 Saphenous nerve, 251
 Sural nerve, 251
- Lumbar disc herniation, 349
 Lumbar myofascial strain, 350
 Lumbar spinal stenosis, 349
 Lumbar spine, 337
 Anatomy, 337
 Annulus fibrosus, 337
 Anterior longitudinal ligament, 338
 Articular process, 337
 Cauda equina, 338
 Central nucleus pulposus, 337
 Conus medullaris, 338
 Erector spinae, 338
 Iliopsoas, 338
 Interspinous ligament, 338
 Intervertebral (neural) foramina, 337
 Intervertebral disc, 337
 Laminae, 337
 Ligamentum flavum, 338
 Pedicle, 337
 Posterior longitudinal ligament, 338
 Supraspinous ligament, 338
 Transverse process, 337
 Vertebrae, 337
 Vertebral arch, 337
 Vertebral body, 337
- History, 338
 Physical exam, 339
 Braggard's test, 340, 349
 Crossed straight leg raise, 340, 349
 Slump test, 340, 349
 Stork test, 340, 352
 Straight leg raise, 339, 349
 Waddell signs, 340

- Diagnoses
- Anterolisthesis, 351
 - Burst fracture, 344
 - Cauda equina syndrome, 347
 - Chance fracture, 344
 - Denis classification system, 342
 - Flexion-distraction injury, 344
 - Kyphoplasty, 343
 - Lumbar disc herniation, 349
 - Lumbar myofascial strain, 350
 - Lumbar spinal stenosis, 349
 - Neoplasm, 348
 - Neurogenic claudication, 350
 - Pars interarticularis, 351
 - Radiculopathy, 349
 - Retrolisthesis, 351
 - Scotty dog sign, 352
 - Spinal cord injury, 341
 - Spinal epidural abscess, 345
 - Spinous process fracture, 343
 - Spondylolisthesis, 351
 - Spondylolysis, 351, 352
 - Spondylosis, 350
 - Thoracolumbar fracture-dislocation, 345
 - Thoracolumbar injury classification and severity score, 342
 - Thoracolumbar orthosis, 342, 353
 - Thoracolumbar spine fractures, 341
 - Transverse process fracture, 343
 - Vertebral compression fracture, 342
 - Vertebral osteomyelitis, 346
- Lunate dislocation, 124
- Lunate fractures, 115
- Lunate, 104, 115, 120, 124
- Luxatio erecta, 20
- Maisonneuve fracture, 248, 249, 257, 259
- Mallet finger, 147
- Marfan syndrome, 382
- Mason classification for radial head fractures, 70
- Maudsley's test, 86
- McMurray's test, 211, 224
- Medial (ulnar) collateral ligament (elbow), 58, 59
- Medial ankle sprain, 257
- Medial antebrachial cutaneous nerve, 60
- Medial clear space, 258
- Medial collateral ligament (MCL), 208, 211, 221
- Medial collateral ligament injury, 221, 225
- Medial epicondyles, 57
- Medial epicondylitis (golfer's elbow), 61, 86, 87
- Medial malleolus, 254
- Medial meniscal tear, 223
- Medial meniscus, 208, 211, 223
- Medial tibial stress syndrome (MTSS), 244, 245
- Median nerve p 317
- Median nerve, 59, 64, 73, 82, 91, 106, 109, 116, 124, 125, 127, 128, 132, 139, 142, 317
- Meralgia paresthetica, 201
- Metacarpal fracture, 157
- Metacarpals, 139
- Metacarpophalangeal joint, 139
- Metatarsal fracture, second to fourth, 291
- Metatarsals, 273
- Metatarsophalangeal joint sprain (Turf toe), 300
- Midfoot, 273
- Mitral valve prolapse, 383
- Mobitz type I conduction delay (second-degree heart block), 369
- Modified milking maneuver, 62, 69, 80
- Monteggia fracture, 75
- Morton's neuroma (plantar interdigital neuroma), 304
- Morton's test, 277, 304
- Moving valgus stress test, 62, 65, 69, 80, 87
- Mulder's sign, 277, 304
- Multidirectional instability, 42
- Muscles p. 208
- Musculocutaneous nerve, 60
- Myocarditis, 381
- Nailbed injury, 159
- Navicular fractures, 283
- Navicular stress fracture, 283
- Navicular, 273
- Neer classification system, 28
- Neer's impingement sign, 8, 37, 38, 45
- Neoplasm (and lumbar spine), 348
- Neural (intervertebral) foramina (lumbar spine), 337
- Neural foramen, 313
- Neurogenic claudication, 350
- NEXUS criteria, 316
- Noble compression test, 212, 234
- Nursemaid's elbow hyperpronation reduction maneuver, 68
- Nursemaid's elbow supination/flexion reduction maneuver, 68
- Nursemaid's elbow, 59, 66
- O'Brien's active compression test, 10, 45
- Ober's test, 173, 186, 203, 212, 234
- Odontoid (dens) fracture, 323
- Odontoid process (dens), 313, 315
- Olecranon bursitis, 92
- Olecranon, 58
- Osgood-Schlatter disease, 231
- Osteitis pubis, 181
- Osteoarthritis (knee), 235
- Osteoarthritis (shoulder), 46
- Osteochondral lesion (ankle), 262, 265
- Osteochondritis dessicans
- Ankle, 265
 - Elbow, 77
 - Knee, 234
- Osteonecrosis (avascular necrosis)
- Hip, 199
 - Legg-Calve Perthes disease (LCPD), 200
 - Shoulder, 46
- Ottawa Ankle Rules, 253, 258, 261, 267
- Ottawa Knee Rules, 282
- Painful arc, 6, 37, 38
- Palmaris longus, 58
- Pars interarticularis, 351
- Patella alta, 217
- Patella baja, 217
- Patella, 213
- Patellar apprehension test, 213, 216
- Patellar dislocation (instability), 213, 215
- Patellar fracture, 213
- Patellar sleeve fracture, 215
- Patellar tendinopathy, 228
- Patellar tendon rupture, 217
- Patellofemoral pain syndrome (runner's knee), 212, 232
- Patrick (FABER) test, 171, 179, 182, 185, 198
- Pedicle (lumbar spine), 337
- Pedicle (cervical spine), 313
- Pellegrini–Stieda lesion, 221
- Pelvic fractures, 180
- Pelvis, hip, and thigh, 167
- Anatomy, 167
 - Acetabulum, 167
 - Femoral head, 167
- History, 168
- Physical exam, 168
- Anterior impingement test, 190
 - Femoral nerve stretch test, 174
 - Flexion, abduction, and external rotation (FABER) or Patrick test, 171, 179, 182, 185, 198

Index

- Pelvis, hip, and thigh (cont.)
 Flexion, adduction and internal rotation (FADDIR) test, 172, 185
 Ober's test, 173, 186, 203
 Piriformis test, 174, 181
 Resisted sit-up, 172, 183, 186
 Sciatic nerve, 181, 195
 Straight leg raise, 171, 186, 199
 Thomas stretch test, 172, 186
 Trendelenburg test, 168, 176
 Weakness of extensor mechanism, 205
- Diagnoses
 Acetabular labrum tear, 189
 Anterior superior iliac crest avulsion fracture, 178
 Athletic pubalgia (sports hernia), 183
 Core muscle weakness, 176
 Femoral neck stress fracture, 184
 Hip dislocation, 195
 Hip fracture, 194
 Hip pointer, 177
 Iliotibial band syndrome (hip), 202
 Ischial tuberosity avulsion fracture, 182
 Legg– Calve– Perthes disease (LCPD), 200
 Meralgia paresthetica, 201
 Osteitis pubis, 181
 Osteonecrosis (avascular necrosis) of the hip, 199
 Pelvic fractures, 180
 Piriformis syndrome, 181
 Quadriceps hernia, 203
 Quadriceps strain/tear, 205
 Sacroiliac joint dysfunction, 179
 Sacroiliitis, 179
 Septic arthritis of the hip, 197
 Slipped capital femoral epiphyses (SCFE), 191
 Snapping hip, 188
 Transient synovitis of the hip (toxic synovitis), 196
 Trochanteric bursitis, 193
- Perilunate dislocation, 121, 123
 Peroneal artery, 275
 Peroneal nerve, 248
 Peroneal tendinopathy, 264
 Peroneal tendon subluxation, 260
 Peroneal tendons, 276
 Peroneus brevis, 264
 Peroneus longus, 264
 Pes cavus (high arch), 276
 Pes planus (flat foot), 276
 Phalangeal fracture, foot, 294
 Phalanges (foot), 273
 Phalanges (hand), 139
 Phalanx fractures, middle and proximal (hand), 156
 Phalen's test, 108, 133
 Piano key test, 109, 130
 Pincer lesion, 185
 Piriformis syndrome, 181
 Piriformis test, 174, 181
 Pisiform fractures, 118
 Pisiform, 104, 107
 Pivot shift test, 210, 219
 Plantar fasciitis, 302
 Plantar interdigital neuroma (Morton's neuroma), 304
 Popeye sign, 10, 41
 Popliteal artery, 208, 225, 275
 Popliteal cyst (Baker's cyst), 229
 Popliteal vein, 208
 Popliteus, 208
 Post-concussive syndrome, 357
 Posterior cruciate ligament (PCL), 208, 210, 220
 Posterior cruciate ligament injury, 220, 225
 Posterior drawer test, 210, 220
 Posterior inferior tibiofibular ligament, 254
 Posterior interosseus nerve, 75, 77
 Posterior long arm splint, 409, 412
 Posterior long leg splint, 409, 413
 Posterior longitudinal ligament (cervical spine), 313
 Posterior longitudinal ligament (lumbar spine), 338
 Posterior sag test, 210, 220
 Posterior short leg splint, 409, 413
 Posterior shoulder (glenohumeral) dislocation, 18
 Posterior shoulder dislocation traction/countertraction technique), 19
 Posterior talofibular ligament (PTFL), 254, 255, 260
 Posterior tibial artery, 257, 275
 Posterior tibial nerve, 303
 Posterior tibial tendinopathy, 263
 Posterior tibial tendon, 263, 276
 Posterior tibialis, 257
 Posterolateral corner (PLC) injury, 220, 222, 223, 225
 Posterolateral corner, 210, 222
 Posterolateral rotatory instability test, 80
 Premature atrial contractions, 370
 Premature ventricular contractions, 370
 Prepatellar bursitis, 231
 Pronation (elbow), 60
 Pronator quadratus fat pad, 110
 Pronator quadratus, 58
 Pronator syndrome, 91
 Pronator teres, 58, 59, 91
 Proximal biceps tear, 41
 Proximal biceps tendinopathy, 41
 Proximal fifth metatarsal fracture, 292
 Proximal humerus fracture, 27
 Proximal interphalangeal joint (hand), 139
 Proximal sugar-tong splint, 409
 Proximal tibiofibular joint dislocation closed reduction technique, 224
 Proximal tibiofibular joint dislocation, 224
 Quadricep tendon, 209, 213
 Quadriceps hernia, 203
 Quadriceps strain/tear, 205
 Quadriceps tendon rupture, 217
 Radial (lateral) collateral ligament (elbow), 58, 59
 Radial artery, 59, 105, 140
 Radial collateral ligament injury (elbow), 62, 79
 Radial gutter splint, 409, 411
 Radial head fracture, 69
 Radial nerve p 317
 Radial nerve, 59, 64, 73, 75, 77, 84, 106, 109, 119, 129, 140, 142, 317
 Radial styloid, 106
 Radiculopathy (lumbar), 349
 Radius, 57, 67
 Rectus femoris, 208, 213
 Resisted sit-up, 172, 183, 186
 Retrocalcaneal bursitis, 305
 Retrolisthesis (lumbar spine), 351
 Reverse Popeye sign, 82
 Rhomboids, 314
 Right bundle branch block, incomplete, 369
 Rockwood classification system, 21
 Rolando fracture, 157
 Rotator cuff impingement, 34
 Rotator cuff, 3
 Rotator cuff tear, 36
 Rotator cuff tendinopathy, 36
 Runner's knee (patellofemoral pain syndrome), 212, 232
 Ruptured distal biceps tendon, 61
 Sacroiliac joint dysfunction, 179
 Sacroiliitis, 179
 Salter-Harris fracture, 259, 261, 268
 Salter-Harris nomenclature, 131
 Saphenous nerve entrapment, 251
 Saphenous nerve, 213, 221, 275
 Sartorius p. 208
 Scalene, 314, 317
 Scaphoid fractures, 112

- Scaphoid shift test, 108, 120
 Scaphoid tubercle, 107
 Scaphoid, 104, 106, 112
 Scapholunate angle, 110
 Scapholunate dissociation, 108, 120
 Scapula fracture, 30
 Scapula, 2
 Scapulothoracic joint, 2
 Sciatic nerve p. 208
 Sciatic nerve, 181, 195, 208, 275
 Scotty dog sign, 352
 Scratch test, 90
 Second impact syndrome, 358, 363
 Second-degree heart block, 369
 Segond fracture, 219
 Semimembranosus, 208
 Semitendinosus, 208
 Septic arthritis
 Elbow, 95
 Hip, 197
 Knee, 236
 Shoulder, 46
 Septic bursitis (olecranon), 92
 Sesamoid fracture, 295
 Sever's disease (calcaneal apophysitis), 305
 Shenton's line, 194
 Shin splints, 245
 Short QT syndrome, 380
 Short-leg walking boot, 409
 Shoulder drawer sign, 43
 Shoulder osteoarthritis, 46
 Shoulder osteonecrosis, 46
 Shoulder septic arthritis, 46
 Shoulder, 2
 Anatomy, 2
 Acromioclavicular joint, 2
 Axillary nerve, 4
 Clavicle, 2
 Deltoid, 3
 Glenohumeral joint, 2, 3
 Glenoid labrum, 2
 Humerus, 2
 Infraspinatus, 3, 4, 5
 Muscles, 2
 Rotator cuff, 3
 Scapula, 2
 Scapulothoracic joint, 2
 Sternoclavicular joint, 2
 Subscapular nerve, 4
 Subscapularis, 3, 4, 5
 Suprascapular nerve, 4
 Supraspinatus, 3, 4, 5
 Teres minor, 3, 4, 5
 History, 4
 Physical exam, 5
 Apley scratch test, 7
 Apprehension test, 43
 Axillary nerve, 12
 Cross-over test, 6, 22
 Dorsal scapular nerve, 12
 Drop arm test, 9, 38
 Empty can test, 9, 38
 Hawkins-Kennedy impingement sign, 8, 37, 38, 45
 Infraspinatus test, 9, 38
 Jobe relocation test, 43
 Lateral pectoral nerve, 12
 Lift-off test, 9, 38
 Load and shift test, 43
 Long thoracic nerve, 12
 Neer's impingement sign, 8, 37, 38, 45
 O'Brien's active compression test, 10, 45
 Painful arc, 6, 37, 38
 Popeye sign, 10, 41
 Shoulder drawer sign, 43
 Speed's test, 9, 41, 45
 Spinal accessory nerve, 12
 Subscapular nerve, 12
 Sulcus sign, 43
 Suprascapular nerve, 12
 Suprascapular nerve, 12
 Thoracodorsal nerve, 12
 Diagnoses
 Acromioclavicular joint injury, 21
 Adhesive capsulitis (frozen shoulder), 39
 Anterior shoulder (glenohumeral) dislocation, 12
 Reduction techniques, 15, 16
 Scapular manipulation, 15
 Stimson technique, 16
 Traction/countertraction, 15
 Arthritis, 46
 Inflammatory arthritis, 46
 Juvenile idiopathic arthritis, 49
 Osteoarthritis, 46
 Osteonecrosis, 46
 Septic arthritis, 46
 Calcific tendonitis, 38
 Clavicle fracture, 31
 Frozen shoulder (adhesive capsulitis), 39
 Inferior shoulder (glenohumeral) dislocation (luxatio erecta), 20
 Reduction techniques, 20, 21
 Axial traction, 20
 Two step reduction, 21
 Multidirectional instability, 42
 Posterior shoulder (glenohumeral) dislocation, 18
 Reduction technique, 18
 Traction/countertraction, 19
 Proximal biceps tear, 41
 Proximal biceps tendinopathy, 41
 Proximal humerus fracture, 27
 Rotator cuff impingement, 34
 Rotator cuff tear, 36
 Rotator cuff tendinopathy, 36
 Scapula fracture, 30
 Sternoclavicular joint injury, 24
 Reduction techniques
 Buckerfield and Castle technique (adduction traction technique), 25
 Classic method (abduction-traction technique), 25, 27
 Superior labrum (SLAP) tear, 44
 Shuck test, 109, 130
 Sideline Concussion Assessment Tool (SCAT), 358
 Sinding-Larsen-Johansson disease, 229
 Single leg hop test, 244, 247
 Skier's thumb (ulnar collateral ligament sprain/rupture or gamekeeper's thumb), 153
 Sling and swath, 409
 Sling, 409
 Slipped capital femoral epiphyses (SCFE), 191
 Slump test, 340, 349
 Smith fracture, 127
 Snapping hip, 188
 Snuffbox, 106
 Soleus, 245
 Spear-tackling p. 312
 Speed's test, 9, 41, 45
 Spinal accessory nerve p 314
 Spinal accessory nerve, 12, 314
 Spinal canal stenosis (cervical spine), 314
 Spinal cord injury (cervical spine) 311, 312
 Spinal cord injury without radiographic abnormality (SCIWORA), 322
 Spinal cord injury (lumbar spine), 341
 Spinal epidural abscess, 345
 Spinous process fracture, 343
 Spinous process, 313, 315
 Splenius capitis, 314
 Splints, 409
 Spondylolisthesis, 351
 Spondylolysis, 351, 352
 Spondylosis, 350
 Sport-related syncope, 373
 Sports hernia (athletic pubalgia), 183

Index

- Spurling's test, 318, 328, 330
 Stener lesion, 154
 Sternoclavicular joint dislocation
 Buckerfield and Castle
 technique (adduction-
 traction) reduction
 technique, 25
 Sternoclavicular joint dislocation
 classic method
 (abduction-traction)
 reduction technique, 25
 Sternoclavicular joint injury, 24
 Sternoclavicular joint, 2
 Sternocleidomastoid, 314, 317
 Stingers/burners (brachial plexus
 neuropraxia), 327
 Stork test, 340, 352
 Straight leg raise, 171, 186, 199, 339,
 349
 Stress fracture, foot, 296
 Subacromial injection, 35, 38, 40
 Subscapular nerve, 4, 12
 Subscapularis, 3, 4, 5
 Subtalar (talocalcaneal) joint, 253
 Subtalar dislocation, 297
 Subungual hematoma, 158
 Sudden cardiac death, 372
 Sulcus sign, 43
 Superficial fibular nerve, 275
 Superficial posterior compartment,
 242
 Superior labrum (SLAP) tear, 44
 Supination (elbow), 60
 Supinator, 58, 59
 Supraclavicular nerve, 12
 Supracondylar fracture, 73
 Suprascapular nerve, 4, 12, 314
 Supraspinatus, 3, 4, 5
 Supraspinous ligament, 314, 338
 Sural nerve entrapment, 251
 Sural nerve, 275
 Syndesmosis (tibiofibular), 248, 254,
 255, 256, 257, 258, 259,
 260, 267
 Talus fractures, 279
 Talus, 253, 273, 281
 Tarsal tunnel syndrome, 277, 303
 Tarsometatarsal joint, 273
 Tendon laceration (hand), 149
 Tennis elbow (lateral epicondylitis),
 61, 86
 Tennis elbow test, 61, 86
 Teres minor, 3, 4, 5
 Terminal extensor tendon, 139, 154,
 155
 Theatre sign, 233
 Thomas stretch test, 172, 186
 Thompson test, 277, 299
 Thompson triceps test, 84
 Thoracic outlet syndrome (TOS),
 319, 332
 Thoracodorsal nerve, 12
 Thoracolumbar fracture-dislocation,
 345
 Thoracolumbar injury classification
 and severity score,
 342
 Thoracolumbar orthosis, 342, 353
 Thoracolumbar spine fractures, 341
 Thumb spica splint, 409, 412
 Tibia stress fracture, 246
 Tibia, 242, 253
 Tibial nerve p. 208, 213, 275
 Tibial plateau fracture, 227
 Tibial spine fracture, 219
 Tibial tubercle avulsion fracture,
 217, 218
 Tibial tuberosity, 209
 Tibialis posterior, 245
 Tibiofibular clear space, 258
 Tibiofibular joint, 242
 Tibiofibular syndesmosis, 248, 254,
 255, 256, 257, 258, 259,
 260, 267
 Tinel's sign (foot), 277, 303
 Tinel's sign (median nerve), 91
 Tinel's sign (ulnar nerve), 90
 Tinel's sign (wrist), 107, 133
 Tinel's sign (lower leg), 251
 Toe dislocation, 298
 Too many toes sign, 263
 Torg ratio p 329
 Torus fracture, 131
 Toxic synovitis (transient synovitis)
 of the hip, 196
 Trans-scaphoid perilunate
 dislocation, 123
 Transient synovitis of the hip (toxic
 synovitis), 196
 Transverse atlantal ligament, 313
 Transverse process (lumbar spine),
 337
 Transverse process fracture (lumbar
 spine), 343
 Transverse process (cervical spine),
 313, 315
 Trapezium fractures, 118
 Trapezium, 104, 118
 Trapezius, 314, 317
 Trapezoid fractures, 119
 Trapezoid, 104, 119
 Trendelenburg test, 168, 176
 Triangular fibrocartilage (TFCC)
 compression test, 108
 Triangular fibrocartilage (TFCC)
 tear, 108, 134
 Triangular fibrocartilage complex
 (TFCC), 105
 Triceps reflex, 60
 Triceps tendon rupture (distal), 84
 Triceps, 58, 59
 Triceps reflex, 60
 Trigger finger, 161
 Triquetral dislocation, 123
 Triquetrum fractures, 114, 123
 Triquetrum, 104, 107, 114
 Trochanteric bursitis, 193
 Trochlea, 58
 Turf toe (metatarsophalangeal joint
 sprain), 300
 Ulna, 57
 Ulnar (medial) collateral ligament
 (elbow), 58, 59
 Ulnar artery, 59, 105, 117, 140
 Ulnar collateral ligament injury
 (elbow), 62, 79
 Ulnar collateral ligament sprain/
 rupture of the thumb
 (skier's/gamekeeper's
 thumb), 153
 Ulnar gutter splint, 409, 411
 Ulnar nerve p 317
 Ulnar nerve, 59, 64, 73, 85, 89, 106,
 109, 117, 118, 127, 128,
 140, 142, 317
 Ulnar neuritis (cubital tunnel
 syndrome), 85, 89
 Ulnar styloid, 107
 Valgus stress test (knee), 211, 221
 Valgus stress test (elbow), 80
 Varus stress test (knee), 211, 222
 Varus stress test (elbow), 62, 65, 80
 Vastus intermedius, 208, 213
 Vastus lateralis, 208, 213
 Vastus medialis, 208, 213
 Ventricular fibrillation, 372
 Ventricular tachycardia, 375
 Vertebrae (lumbar spine), 337
 Vertebral arch (cervical spine),
 313
 Vertebral artery, 314
 Vertebral body fracture (cervical
 spine), 323
 Vertebral body (cervical spine),
 313
 Vertebral compression fracture
 (lumbar spine), 342
 Vertebral foramen (cervical spine),
 313
 Vertebral osteomyelitis, 346
 Vertebral, artery 314
 Vertebral arch (lumbar spine), 337
 Vertebral body (lumbar spine), 337
 Volar plate rupture, 154
 Volar plate, 139, 154
 Volar wrist splint, 409, 411
 Volkmann's contracture, 75
 Waddell signs, 340
 Wartenburg sign, 89
 Weakness of extensor mechanism,
 205
 Weber grading system, 267

- Wolff Parkinson White Syndrome (WPW), 374
- Wrist, 104
- Anatomy, 104
 - Capitate, 104, 116, 120, 124
 - Distal radioulnar joint (DRUJ), 105
 - Guyon's canal, 118
 - Hamate, 104, 116
 - Lunate, 104, 115, 120, 124
 - Median nerve, 106, 124
 - Pisiform, 104
 - Radial artery, 105
 - Radial nerve, 106, 119
 - Scaphoid, 104, 106, 112
 - Trapezium, 104, 118
 - Trapezoid, 104, 119
 - Triangular fibrocartilage complex (TFCC), 105
 - Triquetrum, 104, 114
 - Ulnar artery, 105, 117
 - Ulnar nerve, 106
 - History, 106
 - Physical exam, 106
 - Durkan's test, 133
 - Finkelstein test, 107, 133
 - Hook of the hamate, 107
 - Lister's tubercle, 107, 120
 - Median nerve, 109, 116, 125, 127, 128, 132
 - Phalen's test, 108, 133
 - Piano key test, 109, 130
 - Pisiform, 107
 - Radial nerve, 109, 129
 - Radial styloid, 106
 - Scaphoid shift test, 108, 120
 - Scaphoid tubercle, 107
 - Shuck test, 109, 130
 - Snuffbox, 106
 - Tinel sign, 107, 133
 - Triangular fibrocartilage (TFCC) compression test, 108
 - Triquetrum, 107
 - Ulnar nerve, 109, 117, 118, 127, 128
 - Ulnar styloid, 107
- Diagnoses
- Barton's fracture, 128
 - Capitate fracture, 116
 - Carpal tunnel syndrome, 107, 108
 - Carpal tunnel syndrome, 132
 - Colles fracture, 125
 - Dequervain's tenosynovitis, 107, 133
 - Distal radioulnar joint (DRUJ) instability, 109, 130
 - Distal radius fractures, 131
 - Galeazzi fracture, 130
 - Ganglion cyst, 135
 - Hamate fractures, 116
 - Hutchinson fracture, 129
 - Keinbock's disease, 115
 - Lunate dislocation, 124
 - Lunate fractures, 115
 - Perilunate dislocation, 121, 123
 - Pisiform fractures, 118
 - Scaphoid fractures, 112
 - Scapholunate dissociation, 108
 - Scapholunate dissociation, 120
 - Smith fracture, 127
 - Trans-scaphoid perilunate dislocation, 123
 - Trapezium fractures, 118
 - Trapezoid fractures, 119
 - Triangular fibrocartilage (TFCC) tear, 108, 134
 - Triquetral dislocation, 123
 - Triquetral fracture, 123
 - Triquetrum fractures, 114