

JOHN EBNEZAR CBS | Handbooks in
Orthopedics and Fractures

SERIES

Orthopedic Disease

Developmental Orthopedic Problems



John Ebnezar



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JOHN EBNEZAR **CBS**

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Orthopedics and Fractures

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Orthopedic Disease

**Developmental
Orthopedic
Problems**

John Ebnezar

- Holder of the **Guinness Book of World Records** for the most number of books written by an individual in a single year.
- Listed in the **India Book of Records** for the most number of books written by an individual.
- Recipient of the highest civilian awards of Karnataka, the **Rajyotsava Award 2010** and the **Kempegowda Award 2011**.
- Recipient of the **Best Citizen of India Award** by the International Publishing house.
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- President, Neuro-Spinal Surgeons Association of India (Karnataka)
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- Founder President, Geriatric Orthopedic Society
- Founder President, Orthopedic Authors Association and All India Medical Authors Association
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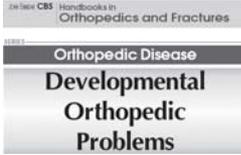
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to

my mother

(late) Sampath Kumari

*who taught me that life is more than self and
there is more joy in giving and sharing than taking*

my wife

Dr Parimala

my lovely children

Rakesh and Priyanka

*who are an epitome of love, sacrifice, encouragement
and inspiration*

all my teachers

who made me what I am today

all my students

past and present

and

all my patients

Dr John Ebnezar

is a legendary name as a prolific orthopedic writer. No other orthopedic surgeon in the world has come anywhere close to him in the number of books he has written in his field. He is the first orthopedic surgeon in the world to be listed in the **Guinness Book of World Records** for the most number of books written by an individual in a single year. For the same feat his name has been listed in the **India Book of Records**. This book, like all his previous books, carries his flavor of simple and lucid writing, excellent language, beautiful illustrations and excellent presentation of the topics. This book is a part of the 100+ book series he has brought out in a single calendar year of 2012 on a wide array of orthopedic problems of public health importance. No other individual in the world has brought out these many books in one year and this is a world record attempt. With these books he aims to educate the reader and the public about these common orthopedic problems.

All his books have been accepted very well and he has a great fan following all over the world. He has been bestowed with as many as 32 international, national and state awards including Karnataka state's highest civilian award the **Rajyotsava Award 2010** and the **Kempegowda Award 2011**, apart from the **Best Citizen of India Award** given by the International Publishing House. He is the pioneer in holistic orthopedics and is credited for discovering a new method of treatment for the common orthopedic problems and has done PhD in arthritis from the world famous S-VYASA University, Bangalore. He is currently president of the Neuro-Spinal Surgeons Association of India (Karnataka), the former Vice-President of the Indian Orthopedic Association, and is the founder president of various orthopedic bodies.

Preface

This book is a part of the 100+ book series

JOHN EBNEZAR CBS **Handbooks in Orthopedics and Fractures**

which deals with the orthopedic problems of public health importance. The purpose of these books is to educate and create awareness among the readers about various problems associated with orthopedics. Through this way the readers get to know all about various orthopedic problems directly from a specialist. This will help a reader immensely in getting the right knowledge as most of them depend on the internet and magazines which distort and misrepresent various pieces of information concerning health topics, leaving the readers confused and worse still improperly educated. This may harm more than helping them find solutions to their problems. The purpose of these books, therefore, is to educate the readers right in their quest for knowledge on the common health and associated problems.

The 100+ book series has been brought out in a single calendar year.

Orthopedic problems encountered by the people all over the world can be classified into two broad categories, traumatic and non-traumatic conditions. These problems are on the rise thanks to the increased instances of RTA's, natural calamities, and rise in orthopedic life style problems. Among them, non-traumatic disorders affect a large section of the world population from a child to an old individual. This book deals with all the developmental orthopedic conditions some of which are common and some not so common. They come with their own unique set of problems. This is the first ever book which exclusively deals with the developmental orthopedic problems and I have made an attempt to bring all the important basic aspects about these conditions in one book, so that the reader gets to know about them.

Highlights of this book

- Simple and lucid language
- Good Illustrations
- Good clinical photographs wherever necessary
- Relevant X-rays
- Short summaries
- Anecdotes

This book has ubiquitous utility and usage and can be useful to the orthopedic surgeons, postgraduate students in orthopedics, undergraduate medical students, doctors from all disciplines of medicine, physiotherapists, therapists practising alternative systems of medicine, rehabilitation specialists, and most importantly the common people. It is particularly useful to those unsung heroes who work in remote areas with minimum infrastructure. They can use this book as a ready-reckoner. Seldom will you find a book that covers such a wide spectrum of readers.

Knowing about the developmental orthopedic problems creates awareness about these conditions and helps one to understand them better and take the necessary preventive steps in preventing them from happening at the first place and if unfortunately, if one is a victim of these conditions, it helps them to know and understand everything about the cause, presentation, investigations and the treatment your doctor recommends for them.

Constructive criticism and useful suggestions are invited to make the book more effective in its forthcoming editions.

John Ebnezar

Acknowledgments

This volume is a part of the 100+ book series brought out in a single calendar year. This was a huge and mammoth task attempted first time ever by an author and a publisher in the world. Such an herculean effort could not have been possible without the active involvement of those concerned in CBS Publishers & Distributors. I thank Mr Satish K Jain, Managing Director of CBS P&D, for agreeing to be a part of this world-record feat in bringing out this book in the Series. My special thanks to Mr YN Arjuna who showed special interest in this work and channelized his entire energy into this improbable feat. My special thanks to Mrs Ritu Chawla and her entire dedicated team who have toiled day and night to make this dream a reality. I thank members of the entire editorial-production team of CBS P&D who have worked hard behind the scenes to bring out this book.

My special thanks to Dr Yogitha for actively helping me in the compilation of all the books. I also thank all the staff members of my hospital who have helped me at various levels during the making of this book.

John Ebnezar

Contents

Preface

vii

1. General Principles of Orthopedic Disorders	1
Arriving at a diagnosis	1
Certain points of importance in the history	1
Examination of gait	6
General physical examination	8
Investigations	14
Deformities and their management: General principles	15
Deformities since birth (congenital)	15
Acquired deformities	16
Bone causes	16
Growth disturbances	17
Bone disorders	17
Fractures	17
Joint causes	17
Dislocation or subluxation	18
Muscle imbalance	18
Tethering of muscles and tendons	18
Arthritis	18
Postural	18
Idiopathic	18
Soft tissue causes	18
Treatment options	19
Conservative measures	19
Surgical measures	19
Treatment of orthopedic disorders: General principles	20
Masterly inactivity	20
Conservative methods	20
Rest	20
Support	20
Traction	21
Physiotherapy	21
Radiotherapy	26
Drugs	27
Operative treatment methods	27

Osteotomy	27
Arthrodesis	29
Intra-articular arthrodesis	29
Extra-articular arthrodesis	29
Combined arthrodesis	30
Bone grafting operations	32
Role of a bone graft	34
Tendon surgeries	35

2. Developmental Disorders 37

Bone ossification methods	38
Diagnostic guidelines	39
Role of radiographs	41
Achondroplasia	41
Osteogenesis imperfecta	45
Pathogenesis and pathology	45
Classification (Falvo's)	46
Mucopolysaccharide disorders	49
Morquio-Brailsford disease	50
Hurler's (Gargoylism)	51
Prevalence	51
Genetics	52
Hunter's disease	54
Prevalence and incidence	55
Genetics	56
Physical appearances in Hunter's syndrome	57
Palliative treatment	58
Bonemarrow graft	58
Hereditary multiple exostosis (Diaphyseal aclasia)	59
Dyschondroplasia (Ollier's disease)	60
Maffucci's disease	61
Osteopetrosis	62
Marble bone disease, Albers-Schönberg disease	62
Prognosis	64
Epiphyseal dysplasias	64
Epiphyseal dysplasia multiplexa	64
Inheritance	65
Epiphyseal dysplasia hemimelia	66
Epiphyseal dysplasia hemimelia	67

Epidemiology	68
Frequency	68
Pathophysiology	69
Metaphyseal dysplasias	70
Craniometaphyseal dysplasia	70
Metaphyseal chondrodysplasia	71
Diaphyseal dysplasia	71
Progressive diaphyseal dysplasia (Camurati or Engelmann's disease)	71
Eponym	71
Naming	72
Other systems involvement	73
Alternative treatments	74
Craniodiaphyseal dysplasia	74
Fibrous dysplasia	74
Gross	75
Microscopy	76
Laboratory investigation	76
Radiology	77
Differential diagnosis	78
Albright's syndrome	78
Presentation	78
Genetics	79
Nail-patella syndrome (Onycho-osteodysplasia)	79
Marfan's syndrome (also called Marfan's syndrome)	80
Epidemiology	80
Pathophysiology	81
Skeletal system	81
Eyes	82
Cardiovascular system	83
Lungs	83
Central nervous system	83
Revised Ghent nosology	85
Treatment for skeletal problems	87
Homocystinuria	88
Recommended diet	90
Prognosis	90
Acrocephalosyndactyly (Apert's syndrome)	90
Dental significance	92
Carpenter's syndrome	92

Speech and occupational therapy	96
Cleidocranial dysplasia	96
Osteitis fibrosa cystica	97
Epidemiology	99
Parathyroid carcinoma	100
Medical	103
Surgery	104
Prognosis	104
Congenital neurofibromatosis (von Recklinghausen's disease)	104
Paget's disease of bone	106
Viral	107
Genetic	107
Drug therapy	112
Bisphosphonates	112
Calcitonin	113
Surgery	113
Diet and exercise	114
<i>Index</i>	<i>117</i>

TITLES IN THE SERIES

I Orthopedic Trauma*General Fractures*

- 1 General Principles of Fractures and Dislocations
- 2 Fracture Treatment Methods
- 3 Fractures and their Complications
- 4 Atypical Fractures

Injuries of Upper Limb

- 5 Injuries of Shoulder
- 6 Injuries of Arm
- 7 Injuries of Elbow
- 8 Injuries of Forearm
- 9 Injuries of Wrist and Hand
- 10 Injuries of Distal Forearm and Wrist
- 11 Injuries of Hand
- 12 Injuries of Upper Limb

Injuries of Lower Limb

- 13 Injuries of Hip
- 14 Injuries of Femur
- 15 Injuries of Knee
- 16 Injuries of Knee and Leg
- 17 Injuries of Ankle and Leg
- 18 Injuries of Ankle and Foot
- 19 Injuries of Lower Limb

Injuries of Axial Skeleton

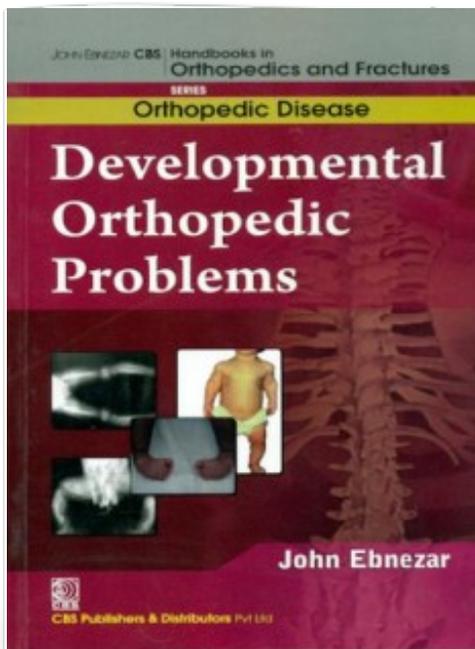
- 20 Injuries of Pelvis and Hip
- 21 Injuries of Spine
- 22 Injuries of Pelvis and Spine

- 23 Sports Injuries Vol I
- 24 Sports Injuries Vol II
- 25 Soft Tissue Problems in Orthopedics
- 26 Geriatric Trauma
- 27 Pediatric Trauma

II Orthopedic Disease

- 28 Congenital Orthopedic Problems
- 29 Developmental Orthopedic Problems

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