Magic Fall 2019

J. Noel OPA-C
On-site Orthopaedic program
• Most common call starts with, “I have a patient that injured his or her………..”

Orthopaedist’s Perspective
Is it broken, does it need surgery?
Heat vs Cold
Does this patient need to see a Joint surgeon?
Hip or Low Back?

• It is not uncommon for patients to have degenerative hip disease and degenerative spine disease.

• Consider diagnostic and therapeutic fluoroscopic-guided hip injection with lidocaine and corticosteroid.
Continued hip pain, no fracture?

- Hip osteoarthritis
- Hip fractures
- Pubic rami fractures
- Tumors
- Referred low back pain
- Trochanteric bursitis
“Hip” Pain Pearls

- Groin pain = intra-articular hip pain
- Lateral pain = trochanteric bursitis
- Buttock pain = referred low back or sacroiliac joint pain
- Thigh pain = Prosthesis Stress Shielding, tumor,
Management of Hip Arthritis

- NSAIDs or acetaminophen
- Glucosamine/chondroitin sulfate
- Activity modification
- Assistive devices (cane in opposite hand)
- Corticosteroid injections
- Total Hip Arthroplasty (THA)
Minimally Displaced Femoral Neck Fracture
Occult Femoral Neck Fractures

• Fall or trauma
• Hip/groin pain
• Unable to weight bear
• Negative radiographs (AP & cross table lateral)
• Limited MRI study of choice
• Bone scan if symptoms over 72 hours
Surgery is Treatment of Choice?

“And would you be performing the actual surgery?”
Percutaneous Screw Fixation
Should we still give Dental Prophylaxis?

• 2 Grams of amoxicillin, 1 hour prior to exam
• No Prophylaxis needed for routine dental procedures.
• Recommended for periodontal work, extractions, and high blood loss procedures.
• Anyone with poor immune system
• Surgical implant within 2 years
Do Hip Protectors help?

• Institutions with high incidence of hip fracture, hip protectors reduce incidence.
• The severity of the falls could be decreased by an external hip protector.
  • (Calcified Tissue International)
• Major compliance problems.
• 24 hour compliance rates:
  – 37% = day time compliance
  – 3% = night time compliance
Pubic Rami Fractures What’s the story on weight bearing?

- Not uncommon fracture in elderly
- Fall/low energy trauma
- Usually minimally displaced
- Weight Bear As Tolerated (WBAT)
- Mobilize ASAP
Can you look at an X-ray, Patient has thigh pain? Pending

Pathologic Fractures

• Primary bone tumors
  Multiple Myeloma
  Lymphoma

• Metastatic tumors
  Breast
  Renal
  Prostate
  Thyroid
  Lung
  Colon
Tumor Evaluation

- Breast: breast exam & mammogram
- Prostate: rectal exam & PSA
- Lung: CXR & chest CT
- Kidney: UA & abdominal CT
- Thyroid: thyroid exam
- Colon:
- Multiple myeloma: UPEP & SPEP
- Lymphoma:
Pathologic Fracture
Whole Body Bone Scan
Humeral fractures, can we treat in a sling?

- Treatment of Humeral fractures

- Know the patient:
  - Active vs. Inactive
Non-op treatment

- A) Sling
- B) Immobilizer
- C) Brace
- D) Dress as Stroke patient
Operative treatment, is it the correct path to success?

- A) Plate screw fixation
- B) early mobility
- C) hand to mouth activity
- D) Participate in PT/OT
Do all wrist fractures need reduction or Surgery?

• A) Need appropriate X-rays

• B) Who is the patient ????

• C) Family input

• D) Medical team involvement
Non-Op treatment vs Op

- A) Non-op, accept sub-optimal result
- B) casting, skin issues
- C) multiple cast changes
- D) is patient compliant
Vertebral body fractures

- Do braces help?
- Should we inject cement?
- How to manage pain?
- Is the patient at risk for future fractures?
Septic Joint

• Sed Rate, CRP, CBC, Temp, Good Physical Exam and History….then call.
• Do Not Aspirate a Joint Replacement
• Do Not start Antibiotics on Joint Replacement
• Any questions call
Do clavicle fractures need to be referred, can they be treated in a sling?
Ankle fractures, what’s all the fuss about the “mortise”? 

![Ankle X-ray Image]
Should I aspirate an Elbow?
Anticoagulation how long post-op?

- ECASA 325 mg po qd
- Coumadin
- Lovenox
- Arixtra
- TED stockings
- Pneumatic compression devices
Contact info

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- For any questions about patient concerns
- Or to refer a patient for evaluation
Remember

We can only control, what we can control.

Thanks for all you do, it makes a difference.
“Be kind to your kids, they’ll choose your nursing home.”
THANK YOU

...any questions