





**Second Edition**

# **CASES**

**C**linical **A**ssessment and  
**E**xamination **S**imulation in  
Orthopaedics

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### *What the Readers have Commented on the First Edition...*

I would like to thank Dr Anil Bhat sir for the wonderful book *CASES*, first edition. It helped me immensely during my practical exams making difficult and confusing concepts crystal clear. This book covers clinical aspects comprehensively with emphasis on systematic examination of common cases we encounter in our practical exams and day-to-day practice. Answers for most likely asked postgraduate practical questions are mentioned precisely. I would recommend *CASES*, 2nd edition to all the orthopaedic junior residents.

**Dr Darshan N** MBBS MS

Clinical Fellow in Robotic  
Arthroplasty and Arthroscopy, Bangalore

A few books help aspiring orthopaedic residents as much as the *CASES*. It gave me the foundation and knowledge required for clearing my MS and DNB Practical exams in the very first attempt with good marks. Comprehensive and easily understood, the practical-based scenarios and images helped me build my core skills, enabling me to win the Gold Medal in exam by Kerala Orthopaedic Association in 2020.

An essential advice more than a recommendation, *CASES* has been a revelation.

**Dr Afsal VP**

Consultant Orthopaedic Surgeon  
Asten Speciality Orthopaedic Hospital, Calicut

*CASES* by Dr Anil K Bhat is a unique book that crisply covers long and short cases that a postgraduate orthopaedic resident is likely to come across in MS/DNB practical examinations. It serves as a ready reckoner, succinctly covering the clinical approach to a case, with a background of numerous well-illustrated clinical tests, making it a must have book for all exam-going postgraduate residents as well as practising orthopaedic surgeons who would like to review clinical concepts.

**Dr Nishant Mirchandani**

Senior Resident  
Department of Orthopaedics  
Bharati Vidyapeeth Medical College, Hospital &  
Research Centre, Pune

One of the study materials that remained constant with me throughout my journey was *CASES*. This book enabled me to analyse each case from a different perspective and took my preparation to a completely new level. Clinical presentation with images attached along with it made it easier to grasp and strengthen all the concepts to its core. *CASES* played a major role in achieving Gold Medal for my MS (Ortho) finals. I recommend this valuable study material to all the aspiring orthopaedic postgraduates.

**Dr Fijad NR**

Assistant Professor  
Malabar Medical College  
Kozhikode, Kerala



**Second Edition**

# CASES

## Clinical **A**ssessment and **E**xamination **S**imulation in Orthopaedics

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**Anil K Bhat** MS (Ortho), DNB (Ortho), MNAMS  
Associate Dean  
Professor and Head  
Department of Hand Surgery  
Kasturba Medical College, Manipal  
Manipal Academy of Higher Education

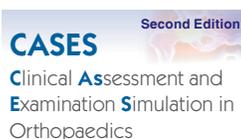


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ISBN: 978-93-5466-440-3

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**Second Edition: 2023**

First Edition: 2020

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Published by **Satish Kumar Jain** and produced by **Varun Jain** for

**CBS Publishers & Distributors Pvt Ltd**

4819/XI Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi 110 002, India

Ph: 011-23289259, 23266861, 23266867 Fax: 011-23243014

Website: [www.cbspd.com](http://www.cbspd.com)

e-mail: [delhi@cbspd.com](mailto:delhi@cbspd.com); [cbspubs@airtelmail.in](mailto:cbspubs@airtelmail.in).

*Corporate Office:* 204 FIE, Industrial Area, Patparganj, Delhi 110 092, India

Ph: 011-4934 4934

Fax: 011-4934 4935

e-mail: [publishing@cbspd.com](mailto:publishing@cbspd.com); [publicity@cbspd.com](mailto:publicity@cbspd.com)

#### Branches

- **Bengaluru:** Seema House 2975, 17th Cross, K.R. Road, Banasankari 2nd Stage, Bengaluru 560 070, Karnataka, India  
Ph: +91-80-26771678/79 Fax: +91-80-26771680 e-mail: [bangalore@cbspd.com](mailto:bangalore@cbspd.com)
- **Chennai:** 7, Subbaraya Street, Shenoy Nagar, Chennai 600 030, Tamil Nadu, India  
Ph: +91-44-26680620, 26681266 Fax: +91-44-42032115 e-mail: [chennai@cbspd.com](mailto:chennai@cbspd.com)
- **Kochi:** 42/1325, 1326, Power House Road, Opp KSEB, Power House, Ernakulam 682 018, Kerala, India  
Ph: +91-484-4059061-65/67 Fax: +91-484-4059065 e-mail: [kochi@cbspd.com](mailto:kochi@cbspd.com)
- **Kolkata:** 147, Hind Ceramics Compound, 1st Floor, Nilgunj Road, Belghoria, Kolkata 700 056, West Bengal, India  
Ph: +91-33-25633055/56 e-mail: [kolkata@cbspd.com](mailto:kolkata@cbspd.com)
- **Lucknow:** Basement, Khushnuma Complex, 7-Meerabai Marg (Behind Jawahar Bhawan), Lucknow 226 001, UP, India  
Ph: +91-522-4000032 e-mail: [tiwari.lucknow@cbspd.com](mailto:tiwari.lucknow@cbspd.com)
- **Mumbai:** PWD Shed, Gala no. 25/26, Ramchandra Bhatt Marg, Next to JJ Hospital Gate no. 2, Opp. Union Bank of India, Noorbaug Mumbai 400 009, Maharashtra, India  
Ph: +91-22-66661880/89 e-mail: [mumbai@cbspd.com](mailto:mumbai@cbspd.com)

#### Representatives

- |                    |              |                    |              |                      |              |
|--------------------|--------------|--------------------|--------------|----------------------|--------------|
| • <b>Hyderabad</b> | 0-9885175004 | • <b>Jharkhand</b> | 0-9811541605 | • <b>Nagpur</b>      | 0-9421945513 |
| • <b>Paina</b>     | 0-9334159340 | • <b>Pune</b>      | 0-9623451994 | • <b>Uttarakhand</b> | 0-9716462459 |

Printed at: Goyal Offset Works (P) Ltd. Sonipat, Haryana, India

# Contributors

**Anil K Bhat** MS (Ortho), DNB (Ortho), MNAMS  
Associate Dean  
Professor and Head  
Department of Hand Surgery  
Kasturba Medical College, Manipal  
Manipal Academy of Higher Education



**Ashwath Acharya**  
MS (Ortho), FNB (Hand Surgery)  
Associate Professor  
Department of Hand Surgery  
Kasturba Medical College  
Manipal  
Manipal Academy of Higher Education



**Sandeep Vijayan** MS (Ortho)  
Additional Professor  
Department of Orthopaedic  
Kasturba Medical College  
Manipal  
Manipal Academy of Higher Education

**Hitesh Shah** MS (Ortho)  
Professor and Head  
Department of Paediatric  
Orthopaedics  
Kasturba Medical College  
Manipal  
Manipal Academy of Higher Education



**Shyamasunder Bhat**  
MS (Ortho), DNB (Ortho), MNAMS  
Professor and Head  
Department of Orthopaedics  
Kasturba Medical College  
Manipal  
Manipal Academy of Higher Education

**Vivek Pandey** MS (Ortho)  
Professor and Unit Head  
Department of Orthopaedics  
Kasturba Medical College  
Manipal  
Manipal Academy of Higher Education



**Sandesh S Madi** MS (Ortho)  
Associate Professor  
Department of Orthopaedics  
Kasturba Medical College  
Manipal  
Manipal Academy of Higher Education



**Madhava Pai K**  
MS (Ortho)  
Assistant Professor  
Department of  
Orthopaedics  
Kasturba Medical  
College, Manipal  
Manipal Academy of  
Higher Education



**Mithun Pai G**  
MS (Ortho), FNB (Hand Surgery)  
Assistant Professor  
Department of Hand  
Surgery  
Kasturba Medical  
College, Manipal  
Manipal Academy of  
Higher Education



**Prajwal  
Prabhudev Mane**  
MS (Ortho)  
Assistant Professor  
Department of  
Orthopaedics  
Kasturba Medical  
College, Mangalore  
Manipal Academy of  
Higher Education



**Monish Malhotra**  
MS (Ortho)  
Consultant  
Orthopaedic Surgeon  
Amrit Hospital  
Rudrapur



## Foreword

**L**earning orthopaedics is a lifelong exercise and clearing the examination is but a step to certify that the resident has the skill to perform clinical and surgical work. Right clinical assessments result in good clinical outcomes. This clinical evaluation has sadly taken the back seat with the onset of investigations and multiple choice-based performance assessment. It is in this context that a step-by-step, hand-holding approach, by a senior teacher, benefits the student and reduces errors. This book fills this vacuum.



It is cliché that practicing medicine is an art and a science. However, teaching medicine needs scholarship and a passion for excellence. Prof (Dr) Anil K Bhat, an astute clinician, provocative teacher and a skilled surgeon has combined all these faculties to become a teacher of repute. Carrying on the mantle from his teachers, he has made teaching orthopaedics to residents and undergraduates a passionate endeavour.

Examinations and periodic assessments are these days, as per norms, objectively assessed. The overwhelming sense of anxiety prior to an examination is relieved partly by a good mentor and better still, by a well written, concise, easy to read, well-illustrated book. The teachers of yore conducted 'clinics' that we remembered for a lifetime. A book on systematic clinical assessment and comprehension of case scenarios is the best alternative to fill the void of teachers with a 'clinical' orientation.

This book is the need of the hour. The present day postgraduate residents, having come through multiple choice question based exam pattern, have not been trained in the art of clinical examination, discussion, discernment, documentation, deliberation and counselling. The medical profession, especially orthopaedics, is in the consumer service sector, is open to litigation and intense scrutiny by the insurance and regulatory bodies. An increasing number of so called 'medically literate or learned' have been judging the actions of doctors, empowered by knowledge from internet sources and hence there is a little margin for error.

This book empowers the resident with a systematic, methodical approach to orthopaedics. It will help learn the anatomical basis of procedures and clinical techniques. Clinical examination should be a ritual and each step in this drill adds a valid point to arrive at a diagnosis. Learning clinical skill involves a thorough, logical, scientific and deductive approach based on symptoms and signs. The presentation of a clinical case in the examination, by the resident, must be based on these principles. Each chapter has alluded to this in a clear and concise manner. The illustrations are self-explanatory and will help visualise the patient in front of you. The basics of cognition, conation and expression are blended beautifully in this book. This book should be a good ready reference for undergraduate students, postgraduate residents and practitioners alike.

I wish Dr Anil, the blessings of the Almighty and God's wisdom, to accomplish this noble endeavour to create a new generation of accomplished orthopaedic surgeons.

**NJ Mani** MS, MCh Orth (Liverpool UK)  
Head, Department of Orthopaedics and  
Senior Consultant  
Baby Memorial Hospital, Calicut

## Acknowledgements

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- The Almighty, parents and teachers for their blessings.
- Wife, Arathi who assisted and supported me from the concept to completion of this book at every stage and son, Abhinav Bhat, for his technical inputs.
- Contributing authors and other departmental colleagues for their helping hand. The contributing authors who have helped me to assimilate and compile many of the chapters are Dr Ashwath Acharya (nerve injuries, tumour, rheumatoid and deformity-related chapters), Dr Sandeep Vijayan (adult hip-related chapters), Dr Hitesh Shah (paediatric hip- and deformity-related chapters), Dr Shyamasunder Bhat (deformities and complications of fracture-related chapters), Dr Vivek Pandey (shoulder- and knee-related chapters), Dr Madhav Pai K (spine-related chapters), Dr Sandesh S Madi (knee-related chapters), Dr Mithun G Pai (spotters), Dr Prajwal Prabhudev Mane (goniometry) and Dr Monish Malhotra (ankle-related chapter).
- Mr YN Arjuna and his entire team from CBS Publishers & Distributors Pvt Ltd for their advice and technical support.
- Dr Mani and friends at Calicut Medical College for the pre-release support.
- Dr Manesh Kumar Jain, Dr Jose Austine, Dr Karthik Purohit, Dr Abhijith Anil, Dr Venkata Vinay Atluri, Dr Dattatreya Sitaram, Dr Sharath Kumar M, Dr Fizad, Mr Wazeem, and Mrs Shyamala for assisting with review, photographs, diagrams and technical help.
- Patients, towards their co-operation for photographs.

**Anil K Bhat**

## Preface to the Second Edition

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The second innings of my book *CASES* is about to begin, and I feel like a proud parent who is witnessing my child's growth. The immense and overwhelming response received for the first edition has affirmed my responsibilities as a teacher and has inspired me to write more. Hence, this second edition with many new chapters, which I felt, is of a greater need for the postgraduates.

Each time a budding orthopaedic surgeon communicates back reflecting on his/her experiences like understanding the concepts adequately, better performance in exams, and even securing a distinction or a gold medal, I feel the vision of this book is on the path of its achievement.

"An approach to bilateral hip case" is the main attraction of this second edition, comprehending the controversies surrounding this topic. I have tried to clarify my best on the concepts of presenting such a case. The other major addition is the spotters of upper and lower limb cases displayed in some exams.

The addition of these new chapters and incorporating the feedback from the readers on the first edition will help the postgraduate students refine their performance and enhance their confidence as orthopaedic surgeons.

I thank all my co-authors, my family and the publishing team for their contribution and support in bringing out this second edition of *CASES*.

**Anil K Bhat**

[anilkbhat@yahoo.com](mailto:anilkbhat@yahoo.com)

## Preface to the First Edition

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After teaching orthopaedics for the last two decades to my postgraduate students, being a faculty in numerous teaching programs and also as an examiner, I have come to realize that many a time, the student is unable to convey the most relevant points for a particular case to aid in the diagnosis or management even though he/she knows all about it. This compilation of clinical cases is aimed at achieving that.

Postgraduate students will find this book useful at the final steps leading to their practical exams. The book is not aimed at teaching every detail of clinical examination for which numerous resources are already available. The book works on the premise that a student knows the clinical examination methods of different case scenarios but will be guided to assimilate that knowledge into presenting in a real-time examination framework.

Every step of a given chapter in this book follows the same sequence of exam hall scenario and simulates what transpires during those few hours between the student and the examiners. To this extent, I have been almost accused in a lighter vein of giving away the secrets of postgraduate examination by those who have reviewed the chapters written for this book.

The chapters presented here reflect the vast experience of my co-authors towards whom I express my immense gratitude for sharing their valuable time for this compilation of clinical cases. My family, who always have been a strong pillar of support deserves my indebtedness. Many of my former postgraduate students have provided critical feedback which has assisted in polishing the chapters to a great extent. The publishers and their team have been very patient and extremely supportive throughout this endeavour. The supreme inspiration for this work comes from my love for teaching and I wish to remain a teacher all my life.

**Anil K Bhat**

[anilkbhat@yahoo.com](mailto:anilkbhat@yahoo.com)

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