

Trauma and Orthopaedic Surgery: A Comprehensive Guide for Healthcare Professionals



Orthopaedic Knowledge Update: Trauma 5 (AAOS - American Academy of Orthopaedic Surgeons)

by Erich Fromm

★★★★☆ 4.7 out of 5

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Trauma is a leading cause of death and disability worldwide, affecting millions of people each year. Orthopaedic surgeons play a vital role in the management of trauma patients, from initial stabilization to long-term rehabilitation. This article provides a comprehensive overview of trauma and orthopaedic surgery, including the latest advances in diagnosis, treatment, and rehabilitation.

Types of Trauma

Trauma can be classified into two main types: blunt and penetrating.

- **Blunt trauma** is caused by a force that does not break the skin, such as a fall or a car accident. Blunt trauma can cause a variety of injuries,

including fractures, dislocations, and contusions.

- **Penetrating trauma** is caused by a force that breaks the skin, such as a gunshot wound or a knife wound. Penetrating trauma can cause a variety of injuries, including bleeding, organ damage, and infection.

Diagnosis of Trauma

The diagnosis of trauma begins with a thorough history and physical examination. The healthcare professional will ask about the patient's symptoms, how the injury occurred, and any past medical history. The healthcare professional will also perform a physical examination to look for signs of injury, such as swelling, bruising, or tenderness.

In addition to a history and physical examination, the healthcare professional may also order imaging tests, such as X-rays or CT scans, to help diagnose the extent of the injury.

Treatment of Trauma

The treatment of trauma depends on the severity of the injury. Minor injuries may only require rest and pain medication. More serious injuries may require surgery to repair damaged bones or tissue.

In addition to surgery, the treatment of trauma may also include:

- **Immobilization** to prevent further injury to the damaged area
- **Medication** to relieve pain and inflammation
- **Rehabilitation** to help the patient regain range of motion and strength

Rehabilitation after Trauma

Rehabilitation after trauma is essential to help the patient regain range of motion, strength, and function. Rehabilitation may include:

- **Physical therapy** to help the patient improve range of motion and strength
- **Occupational therapy** to help the patient regain the ability to perform everyday activities
- **Speech therapy** to help the patient regain the ability to speak and swallow

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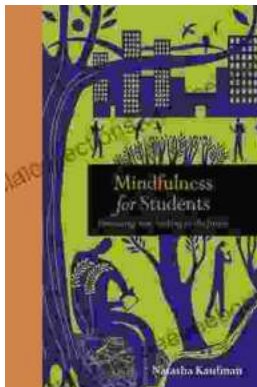
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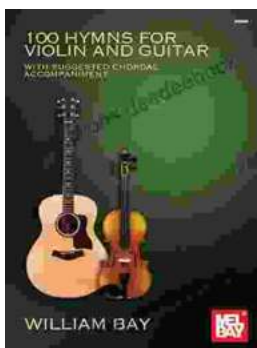
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