

List of electives in Orthopaedics

Elective No. 1

Name of Block	Block 1
Name of Elective	Arthroscopy & Sports Medicine
Location of hospital Lab or research facility	IPD / EMERGENCY
Name of internal preceptor(s)	Dr. RAJNISH GARG
Name of external preceptor (if applicable)	
Learning objectives of elective	1. Various types of joint lesions 2. Management 3. Arthroscopic treatment modalities
Number of students that can be accommodated in this elective	3 – 5
Prerequisites for elective	--
Learning resources for students	Text Book of Orthopedics by Maheshwari
List of activities of student participation	1. History taking 2. Clinical examination 3. Identify lesions on MRI 4. Various arthroscopic interventions for different lesions
Portfolio entries required	Yes
Log book entry required	Yes
Assessment	1. Demonstration 2. MCQ's
Other comments	

Dr. Rajnish Garg

Arthroscopy & Sports Medicine

INDRODUCTION

The word arthroscopy comes from two Greek words , " arthro"(joint) and " skopein" (to look) . The term literally means " to look within the joint". It is a technique of visualising the joint cavities with the help of endoscope. The technology is basically the same as used by urologist/ general surgeon/ gynaecologist for doing cystoscopy or laparoscopy.

Diagnosis of joint disorders and injuries begin with a thorough medical history, physical examination and x-rays of a joint. Additional tests such as CT scan or MRI may also be required. Through the arthroscope , a final diagnosis is made which may be more accurate than the one made through ` open surgery ` or from imaging studies. Disease processes and injuries can damage bones, cartilage, ligament, muscle and tendons, all of which can be visualized by Arthroscopy.

In an arthroscopic examination, a surgeon makes a small incision in patients skin and then insert pencil sized or smaller instruments that contain a small lens and lighting system to magnify and illuminate the structures inside the joint. Light is transmitted through fibre optics to end of arthroscope to a miniature television camera, surgeon is able to see the interior of joint through this very small incision rather than a large incision needed for open surgery

Arthroscopy is a key hole surgery and a commonly performed Orthopaedic procedure with advantages of minimal hospital stay, minimal complications and early return to work. The most common joints for arthroscopy are knee and shoulder but other joints such as elbow, wrist, ankle and hip are also diagnosed and treated with arthroscopy with hardly any morbidity and mortality to the patient

