

# 50 Must-Know Orthopaedic Eponyms

## The Names Every Medical Student Hears But Rarely Remembers

### Introduction

Orthopaedics is filled with eponyms that frequently appear in examinations, ward rounds, clinics, and operation theatres. This guide provides a rapid review of 50 essential names every MBBS student should recognize.

1. **Colles** – Distal radius fracture with dorsal displacement
2. **Smith** – Distal radius fracture with volar displacement
3. **Bennett** – Intra-articular fracture at base of first metacarpal
4. **Rolando** – Comminuted intra-articular fracture of first metacarpal base
5. **Galeazzi** – Distal radial shaft fracture with DRUJ disruption
6. **Monteggia** – Ulnar fracture with radial head dislocation
7. **Segond** – Lateral tibial avulsion associated with ACL injury
8. **Lisfranc** – Tarsometatarsal joint injury
9. **Pott** – Bimalleolar ankle fracture
10. **Dupuytren** – Palmar fascial contracture
11. **Volkman** – Ischemic flexion contracture
12. **Trendelenburg** – Gait due to abductor weakness
13. **Bohler** – Calcaneal angle on lateral radiograph
14. **Garden** – Classification of neck of femur fractures
15. **Salter-Harris** – Physeal fracture classification
16. **Neer** – Proximal humerus fracture classification
17. **Laugé-Hansen** – Ankle fracture classification
18. **Brodén** – Calcaneal radiographic view
19. **Hawkins** – Talar neck fracture classification
20. **Danis-Weber** – Fibular fracture classification
21. **Chance** – Flexion-distraction spinal fracture
22. **Jefferson** – Burst fracture of C1
23. **Hangman** – Traumatic spondylolisthesis of C2
24. **Chance** – Seat-belt spinal injury
25. **Hill-Sachs** – Posterolateral humeral head compression defect
26. **Bankart** – Anterior inferior glenoid labral injury
27. **Reverse Hill-Sachs** – Anteromedial humeral head defect
28. **Mallet** – Terminal extensor tendon injury
29. **Jersey** – Flexor tendon avulsion injury
30. **Mason** – Radial head fracture classification
31. **Essex-Lopresti** – Radial head fracture with interosseous membrane injury
32. **Maisonneuve** – Proximal fibular fracture with syndesmotic injury
33. **Jones** – Fracture at base of fifth metatarsal
34. **Tillaux** – Anterolateral distal tibial epiphyseal fracture
35. **Bosworth** – Locked ankle fracture-dislocation

36. **Kocher** – Posteromedial surgical approach to elbow
37. **Kaplan** – Approach to radial head
38. **Watson-Jones** – Anterolateral approach to hip
39. **Hardinge** – Direct lateral approach to hip
40. **Girdlestone** – Excision arthroplasty of hip
41. **Thomas** – Thomas splint
42. **Sarmiento** – Functional brace for long bone fractures
43. **Ilizarov** – Ring external fixator technique
44. **Ponseti** – Correction method for CTEV
45. **Apley** – Compression-distraction test for meniscus
46. **McMurray** – Meniscal injury test
47. **Lachman** – ACL integrity test
48. **Ober** – IT band tightness test
49. **Finkelstein** – De Quervain tenosynovitis test
50. **Tinel** – Percussion test for nerve irritation

#### **Rapid Revision Pearls**

- Colles = Dinner fork deformity
- Monteggia = Ulna fracture + radial head dislocation
- Galeazzi = Radius fracture + DRUJ injury
- Lisfranc = Midfoot injury
- Segond = ACL clue on X-ray
- Volkmann = Compartment syndrome complication

#### **Life in Orthopaedics Take Home Message**

Do not memorize eponyms blindly. Understand the injury, anatomy, and clinical significance behind each name. Knowledge lasts longer when connected to patient care.

*Dr Arnav Kadian | Life in Orthopaedics | Where Healing Meets Movement*