

**Remember you have all the information in this review online. These pages are blank intentionally. Note taking is specifically for you to write what you personally need to focus on. Use the online to reference all presentations.**

## Suggested Note taking

Multiple studies have shown hand written notes provide superior retention

Copying over the information we have given you will provide little true retention

All the information is available in your PANCE Nuggets online resources

You should **ONLY** be writing specific points that are specific to your personal understanding of a subject.

It is more important to pay attention to the specific PANCE strategies and point we are sharing with you than looking at the information which you already have.

Focus on associations and relationships more than just data

## Note taking

We suggest you download and print our notes book or electronically take notes on the PDF:

Cardiology 1 Notes Section 1 Coronary Artery Disease	
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Defining the Heart and Terms
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Coronary Artery Disease Your thoughts here
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Acute Coronary Syndrome
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Angina
<input type="radio"/> Got it!	Acute Myocardial Infarction

✓ Don't rewrite what is on the screen

✓ For an image you have access to, just write the section and look it up in your PANCE Nuggets

✓ Only you know what you don't know: Write it here!

✓ When a speaker clears something up for you: Write that new thought. Process here!





# Orthopedics Notes

## Section 1

### GENERAL FRACTURES and SHOULDER DISORDERS



☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Fractures of Bone

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Shoulder Tests

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Shoulder Fracture

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Dislocation of Shoulder

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Clavicular Fracture

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### AC Joint Separation

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Rotator Cuff Tendonopathy

☐ Got it!  
☐ Remember it!  
☐ Hit the  
Books!

#### Bicep Tendonitis



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

Check if you feel you have the level of understanding needed to pass your exam  
Check if the material triggers underlying memory but you need to review more  
Check if you do not recall this subject and you need to relearn the information



# Orthopedics Notes

## Section 1

### SHOULDER DISORDERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Adhesive Capsulitis

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Impingement

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Glenohumeral Joint Osteoarthritis

#### Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 2

### ELBOW DISORDERS



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Humerus Fractures

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Disorders of the Forearm

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Medial Elbow Disorders

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Lateral Elbow Disorders

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Central Elbow Disorders

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Elbow Fracture

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Radial Head Subluxation

Open Notes Area



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

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# Orthopedics Notes

## Section 3

### WRIST DISORDERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Carpal Tunnel Syndrome

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Cubital Tunnel Syndrome

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### De Quervain's Tenosynovitis

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Wrist Fractures

Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 4

### HAND DISORDERS 1



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Gamekeeper's Thumb

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Hand fractures



# Orthopedics Notes

## Section 5

### HAND DISORDERS 2



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Dupuytren's Contracture

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Infections of the Hands and Fingers

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Ganglion Cyst

#### Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 6

### CERVICAL SPINE DISORDERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Cervical Strain (Whiplash)

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Cervical Herniated Nucleus Pulposus

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Cervical Fractures

Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 7

### LOWER SPINAL DISORDERS



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Low Back Pain

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Lumbar Herniated Nucleus Pulposus

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Spondylolysis

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Ortho/Neuro Emergencies

Open Notes Area



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

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# Orthopedics Notes

## Section 8

### GENERAL SPINAL DISORDERS



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Spinal Curvature

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Ankylosing Spondylitis

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### Spinal Stenosis

Open Notes Area



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

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# Orthopedics Notes

## Section 9

### HIP DISORDERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Avascular Necrosis (Osteonecrosis)

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Avascular Necrosis in Children

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Developmental Dysplasia of the Hip

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Hip Fractures

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Hip Dislocation

#### Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 10

### KNEE DISORDERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Patellar Disorders of the Knee

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Articular Knee Disorders

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Osgood Schlatter



# Orthopedics Notes

## Section 11

### KNEE INJURIES



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Knee Injuries

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Extensor Injuries

Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 12

### ANKLE AND FOOT DISORDERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Ankle and Foot Fractures

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Ankle Sprains

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Jones Fracture



# Orthopedics Notes

## Section 13

### ORTHO TRAUMA COMPLICATIONS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Compartment Syndrome

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Fat Embolism Syndrome

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Thoracic Outlet Syndrome



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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# Orthopedics Notes

## Section 14

### ORTHO INFECTIONS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Infections of the Toes

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Osteomyelitis

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Septic Arthritis



# Orthopedics Notes

## Section 15

### ORTHO CANCERS



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Bone Cancers

- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

#### Osteosarcoma

Open Notes Area



- ☐ Got it!
- ☐ Remember it!
- ☐ Hit the Books!

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