

10 Paediatric Lower Extremity

PRO TIPS

- Always Consider Non-Accidental Injury (NAI) and Safeguarding
- EISN entry prep
 - Don't fiddle with a small incision, consider the size of the incision you will need for removal
 - Avoid injury to perichondral ring
 - Ensure awl is inserted deep enough and in the trajectory necessary for EISN passage
- Beware of de-vascularising the femoral head if performing antegrade nailing. Do not instrument the piriformis fossa.

UK ISCP TRAUMA + ORTHOPAEDIC SYLLABUS

Knowledge

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications

Green text = Oxford Trauma Service suggestions

Topic	CORE	ST3-ST8	>ST8
Anatomy			
Clinical and functional anatomy with pathological and operative relevance	3	4	4
Surgical approaches to the limbs and axial skeleton	2	4	4
Operative			
Management of closed diaphyseal fractures	3	4	4

Technical

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications

Green text = Oxford Trauma Service suggestions

Topic	CORE	ST3-ST8	>ST8
Diaphyseal femur fracture spica cast application	0	3	4
Closed reduction and spica cast application for the treatment of femoral shaft fracture	1	4	4
Flexible intramedullary nailing of femoral shaft fractures	1	4	4
Closed reduction and external fixation of femoral shaft fracture	1	4	4

Please find below, resources that cover the syllabus objectives.

DISCUSSION SLIDES

- OTA Resident Lectures – [Hip Fractures + Dislocations](#)
- OTA Resident Lectures – [Diaphyseal Femur Fractures](#)
- OTA Resident Lectures – [Knee Injuries](#)
- OTA Resident Lectures – [Tibial Shaft Fractures](#)
- OTA Resident Lectures – [Ankle Injuries](#)
- OTA Resident Lectures – [Foot Injuries](#)

RECOMMENDED KNOWLEDGE REVIEW RESOURCES

GENERAL

- [Essential Concepts in the Management of Paediatric Trauma](#)

FEMORAL SHAFT FRACTURES

- Rockwood + Green Chapter 24p: Femoral Shaft Fractures p919-959
- Orthobullets – [Femoral Shaft Fractures](#)
- JBJS Clinical Summary – [Femoral Shaft Fractures](#)
- Parikh – [Femoral Shaft Fractures](#), VuMedi 2011 (12 mins)

DISTAL FEMORAL PHYSIS

- Rockwood + Green Chapter 25p: Fractures of the Distal Femoral Physis p960-991

PROXIMAL TIBIAL PHYSEAL FRACTURES

- Rockwood + Green Chapter 26p: Proximal Tibial Physeal Fractures p992-1010

- Orthobullets – [Tibial Tubercle Fracture](#)

INJURIES OF THE KNEE

- Rockwood + Green Chapter 27p: Intra-Articular Injuries of the Knee p1011-1076
- BOA Standards for Trauma – [ACL Injuries in the Skeletally Immature Patient](#)
- Orthobullets – [Tibial Eminence Fracture](#)
- Orthobullets – [Patellar Sleeve Fracture](#)
- Flynn – [Knee Fractures](#), VuMedi 2011 (12 mins)

FRACTURES OF THE TIBIA AND FIBULA

- Rockwood + Green Chapter 28p: Fractures of the Shaft of the Tibia and Fibula p1077-1119
- Orthobullets – [Tibial Shaft Fractures](#)
- Orthobullets – [Proximal Tibial Metaphyseal Fractures](#)
- Orthobullets – [Proximal Tibial Epiphyseal Fractures](#)
- Chambers – [Tibial Fractures](#), VuMedi 2011 (14 mins)

ANKLE FRACTURES

- Rockwood + Green Chapter 29p: Ankle Fractures p1120-1172
- Orthobullets – [Ankle Fractures](#)
- Orthobullets – [Tillaux Fractures](#)
- Orthobullets – [Triplane Fracture](#)
- Orthobullets – [Bipartite Patella](#)
- JBJS Clinical Summary – [Triplane Fractures](#)

FRACTURES AND DISLOCATIONS OF THE FOOT

- Rockwood + Green Chapter 30p: Fractures, Dislocations, and Other Injuries of the Foot p1173-1224

SCORING / CLASSIFICATION SYSTEMS

- [AO/OTA](#)

RECOMMENDED TECHNICAL REVIEW RESOURCES

RADIOLOGICAL EVALUATION

- Orthobullets – [Hip](#)
- Orthobullets – [Knee](#)
- Orthobullets – [Ankle](#)

DISTAL FEMUR

- AO Surgery Reference – [Distal Femur](#)
- Orthobullets – [Title](#)

EISN

- Parikh - [Nail Entry Sites for Paediatric Long Bone Fractures](#), VuMedi 2013 (11mins)
- Synthes - [Elastic nails](#), Technical Guide

SMITH + NEPHEW

- [Trauma Education](#)
- [Trauma Products + Guides](#)

STRYKER

- [Surgeon Education](#)
- [Trauma Products + Guides](#)

DEPUY SYNTHES

- [Educational Material](#)
- [Trauma Products + Guides](#)
- [Elastic nails](#)
- [Adolescent Femoral Nail](#)

GUIDES + PROTOCOLS

MELBOURNE PAEDIATRIC FRACTURE GUIDELINES

- [Guidelines](#)

NB you will need to select the sections from the top banner - Emergency Department, Fracture Clinic, Education, Family Resources

NICE (NATIONAL INSTITUTE FOR CLINICAL EXCELLENCE)

- [Trauma \(QS166\)](#)
- [Fractures \(complex\): assessment and management \(NG37\)](#)
- [Fractures \(non-complex\): assessment and management \(NG38\)](#)

ABSTRACTS + FULL TEXT PAPERS

GENERAL

Principles

- Wilkins – [Principles of fracture remodeling in children](#), Injury 2005
- Hunter – [The principles of elastic stable intramedullary nailing in children](#), Injury 2005

FEMORAL SHAFT

Technique

- Hunter – [Femoral Shaft Fractures in Children](#), Injury 2005
Explanation of value of text