

Brief Insights into Common Orthopedic Dilemmas

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It's a medical dilemma to distinguish between an infection and malignancy. Patients are reviewed thoroughly, and no single element can help any physician in determining the possible illness. From the orthopedic side, osteomyelitis is well known to be difficult to diagnose and hard to eliminate. It burdens the health system, medical personnel and most importantly the patients. To diagnose an orthopedic patient with osteomyelitis or malignancy, the treating physician must be cautious to take a detailed history; perform a thorough physical exam; ordering appropriate investigation; followed by detailed management plan and discussion with the patients.

Carpel tunnel syndrome is one of the most common orthopedic disorders that needs to be picked up and managed early. Increased carpel tunnel pressure is well known to affect the median nerve specifically, to an extent of making the life of our patients miserable. Determining the pressure exerted on the flexors tendons is as important as the median nerve. Many researchers looked at the other side of the story, what can increased carpel tunnel pressure affect other than the median nerve? To reach an answer many options will be excluded. Changes in the kinematics of fingers and grip-strength are the end of that story where all causes need to be fully explored.

Gate analysis is built into the basics of studying musculoskeletal disorders; it's well known for its phases and expensive cost. Many researchers used different tests to achieve the goal of analyzing the strength, speed, and endurance; in order to reach a solution for a problem. The performance of each sport field has many characters that can increase the athletic endurance; even the character of heel-strike can change the speed and strength of a football runner.

In the shadows of COVID - 19 pandemic, an unforeseeable problem may emerge. Vit D deficiency has been studied in many ways; in relation to fractures, deformities and musculoskeletal recovery. It's well known to the medical personnel that sun exposure in proper situations is the main element to provide Vit D, nowadays, being supplied by Vit D through tablets is a concern of most humans; this can be due to the expanding field of studying relationship between supplements and disorders. Many orthopedic surgeons provide it as a main adjunct to their patients, especially in managing pediatric patients. Starting with identifying the incidents and correlation between such deficiency and fractures among the COVID-19 infections and pandemic is a starter to explore the extent of such devastating health issue.

Orthopedic hip surgery mandates mastering many approaches in order to provide the best exposure to the acetabulum and femur. One of the most important approaches is the anterolateral one, it's described in lateral patients positions mainly. Getting the proper patient's position will allow the surgeon in performing the surgery safer and faster. Difficulties with pure lateral position is mainly faced during intra-operative fluoroscopy. However, it's easier to manage femur deformities in such position. Choosing different approach in order to position the patient supine will help overcoming the issue of intra-op x-rays; although in obese patients, getting around the subcutaneous tissue and fat may be difficult. Improving the implant position is very valuable to help the patients' function, pain, and activity of daily living; and no proper implant position can be determined without an appropriate intra-operative positioning.

Studying orthopedic implants has been around for more than 50 years, and it continues to provide more helpful information and insights into stabilizing bones in the best way possible. Dynamic hip screw is an implant used to treat many hip fractures. Providing more

details into the use of screws and how much angle they're put in can help orthopedic surgeons being more accurate and faster during surgery. Moreover, incorporating the patient's anatomy gives more understanding into the appropriate screw sizing.

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