
Contents

Introduction xxiii

Chapter One The Shoulder 1

- Anterior Approach to the Clavicle 2
- Anterior Approach to the Shoulder Joint 4
- Applied Surgical Anatomy of the Anterior Approach to the Shoulder Joint 17
- Anterolateral Approach to the Acromioclavicular Joint and Subacromial Space 25
- Lateral Approach to the Proximal Humerus 30
- Minimal Access Lateral Approach to the Proximal Humerus 35
- Applied Surgical Anatomy of the Anterolateral and Lateral Approaches 37
- Posterior Approach to the Shoulder Joint 46
- Applied Surgical Anatomy of the Posterior Approach to the Shoulder Joint 55
- Arthroscopic Approaches to the Shoulder 59
- Posterior and Anterior Approaches 60
- Arthroscopic Exploration of the Shoulder Joint through the Posterior Portal 65

Chapter Two The Humerus 73

- Anterior Approach to the Humeral Shaft 74
- Minimal Access Anterior Approach to the Humeral Shaft 80
- Anterolateral Approach to the Distal Humerus 83
- Posterior Approach to the Distal Humerus 88
- Lateral Approach to the Distal Humerus 92
- Applied Surgical Anatomy of the Arm 98
- Minimal Access Approach for Humeral Nailing 105

Chapter Three The Elbow 111

- Posterior Approach 112
- Medial Approach 117

| | |
|--|-----|
| Anterolateral Approach | 122 |
| Anterior Approach to the Cubital Fossa | 128 |
| Posterolateral Approach to the Radial Head | 133 |
| Applied Surgical Anatomy | 137 |

Chapter Four The Forearm 147

| | |
|---|-----|
| Anterior Approach to the Radius | 148 |
| Applied Surgical Anatomy of the Anterior Compartment of the Forearm | 155 |
| Exposure of the Shaft of the Ulna | 165 |
| Applied Surgical Anatomy of the Approach to the Ulna | 170 |
| Posterior Approach to the Radius | 170 |
| Applied Surgical Anatomy of the Posterior Approach to the Radius | 176 |

Chapter Five The Wrist and Hand 183

| | |
|--|-----|
| Dorsal Approach to the Wrist | 184 |
| Applied Surgical Anatomy of the Dorsal Approach to the Wrist | 191 |
| Volar Approach to the Wrist | 195 |
| Volar Approach to the Ulnar Nerve | 202 |
| Applied Surgical Anatomy of the Volar Aspect of the Wrist | 206 |
| Volar Approach to the Flexor Tendons | 215 |
| Midlateral Approach to the Flexor Sheaths | 220 |
| Applied Surgical Anatomy of the Finger Flexor Tendons | 222 |
| Volar Approach to the Scaphoid | 225 |
| Dorsolateral Approach to the Scaphoid | 229 |
| Drainage of Pus in the Hand | 232 |
| Drainage of Paronychia | 233 |
| Drainage of a Pulp Space Infection (Felon) | 234 |
| Web Space Infection | 235 |
| Anatomy of the Web Space of the Fingers | 237 |
| Anatomy of the Web Space of the Thumb | 238 |
| Tendon Sheath Infection | 238 |
| Deep Palmar Space Infection | 240 |
| Drainage of the Medial (Midpalmar) Space | 242 |
| Drainage of the Lateral (Thenar) Space | 244 |
| Applied Surgical Anatomy of the Deep Palmar Space | 247 |
| Drainage of the Radial Bursa | 247 |
| Drainage of the Ulnar Bursa | 250 |
| Anatomy of the Hand | 251 |

Chapter Six The Spine 257

| | |
|---|-----|
| Posterior Approach to the Lumbar Spine | 258 |
| Minimal Access—Posterior Approach to the Lumbar Spine | 263 |
| Applied Surgical Anatomy of the Posterior Approach to the Lumbar Spine | 266 |
| Anterior (Transperitoneal and Retroperitoneal) Approach to the Lumbar Spine | 269 |
| Anterior Retroperitoneal Approach to the Lumbar Spine | 277 |
| Applied Surgical Anatomy of the Anterior Approach to the Lumbar Spine | 281 |
| Anterolateral (Retroperitoneal) Approach to the Lumbar Spine | 287 |
| Posterior Approach to the Subaxial Cervical Spine | 297 |

| | |
|--|-----|
| Applied Surgical Anatomy of the Posterior Approach to the Subaxial Cervical Spine | 304 |
| Posterior Approach to the C1-2 Vertebral Space | 310 |
| Applied Surgical Anatomy of the Posterior Approach to the C1-2 Vertebral Space | 315 |
| Anterior Approach to the Cervical Spine | 316 |
| Applied Surgical Anatomy of the Anterior Approach to the Cervical Spine | 322 |
| Posterolateral (Costotransversectomy) Approach to the Thoracic Spine | 328 |
| Anterior (Transthoracic) Approach to the Thoracic Spine | 333 |
| Posterior Approach to the Thoracic and Lumbar Spines for Scoliosis | 343 |
| Applied Surgical Anatomy of the Posterior Approach to the Thoracic and Lumbar Spines | 348 |
| Approach to the Posterior Lateral Thorax for Excision of Ribs | 354 |

Chapter Seven Pelvis and Acetabulum 359

| | |
|---|-----|
| Pelvis | 360 |
| Acetabulum | 360 |
| Anterior Approach to the Iliac Crest for Bone Graft | 361 |
| Posterior Approach to the Iliac Crest for Bone Graft | 364 |
| Anterior Approach to the Pubic Symphysis | 367 |
| Anterior Approach to the Sacroiliac Joint | 370 |
| Posterior Approach to the Sacroiliac Joint | 373 |
| Applied Surgical Anatomy of the Bony Pelvis | 377 |
| Ilioinguinal Approach to the Acetabulum | 379 |
| Applied Surgical Anatomy of the Ilioinguinal Approach to the Acetabulum | 388 |
| Posterior Approach to the Acetabulum | 396 |

Chapter Eight The Hip 403

| | |
|--|-----|
| Anterior Approach to the Hip | 405 |
| Anterolateral Approach to the Hip | 420 |
| Lateral Approach to the Hip | 430 |
| Applied Surgical Anatomy of the Anterior, Lateral, and Anterolateral Approaches to the Hip | 437 |
| Posterior Approach to the Hip | 443 |
| Applied Surgical Anatomy of the Posterior Approaches to the Hip and Acetabulum | 450 |
| Medial Approach to the Hip | 455 |
| Applied Surgical Anatomy of the Medial Approach | 461 |

Chapter Nine The Femur 463

| | |
|---|-----|
| Lateral Approach | 464 |
| Posterolateral Approach | 468 |
| Anteromedial Approach to the Distal Two Thirds of the Femur | 473 |
| Posterior Approach | 476 |
| Minimal Access Approach to the Distal Femur | 481 |
| Applied Surgical Anatomy of the Thigh | 485 |
| Posterior Approach to the Femur | 494 |
| Minimal Access Approach to the Proximal Femur for Intramedullary Nailing | 497 |
| Minimal Access Surgery for Retrograde Intramedullary Nailing of the Femur | 503 |

Chapter Ten The Knee 509

- General Principles of Arthroscopy 510
- Arthroscopic Approaches to the Knee 510
- Arthroscopic Exploration of the Knee 513
- Medial Parapatellar Approach 520
- Approach for Medial Meniscectomy 526
- Medial Approach to the Knee and Its Supporting Structures 533
- Applied Surgical Anatomy of the Medial Side of the Knee 543
- Approach for Lateral Meniscectomy 552
- Lateral Approach to the Knee and Its Supporting Structures 556
- Applied Surgical Anatomy of the Lateral Side of the Knee 561
- Posterior Approach to the Knee 565
- Applied Surgical Anatomy of the Posterior Approach to the Knee 572
- Lateral Approach to the Distal Femur for Anterior Cruciate Ligament Surgery 577

Chapter Eleven The Tibia and Fibula 585

- Anterolateral Approach to the Lateral Tibial Plateau 586
- Minimal Access Anterolateral Approach to the Proximal Tibia 589
- Posteromedial Approach to the Proximal Tibia 592
- Anterior Approach to the Tibia 595
- Minimal Access Surgery to the Distal Tibia 599
- Posterolateral Approach to the Tibia 601
- Approach to the Fibula 607
- Applied Surgical Anatomy of the Leg 612
- Minimal Access Approach for Tibial Nailing 616

Chapter Twelve The Ankle and Foot 623

- Anterior Approach to the Ankle 624
- Anterior and Posterior Approaches to the Medial Malleolus 629
- Approach to the Medial Side of the Ankle 635
- Posteromedial Approach to the Ankle 639
- Posterolateral Approach to the Ankle 643
- Lateral Approach to the Lateral Malleolus 649
- Anterolateral Approach to the Ankle and Hindpart of the Foot 652
- Lateral Approach to the Hindpart of the Foot 657
- Lateral Approach to the Posterior Talocalcaneal Joint 661
- Lateral Approach to the Calcaneus 665
- Applied Surgical Anatomy of the Approaches to the Ankle 667
- Applied Surgical Anatomy of the Approaches to the Hindpart of the Foot 676
- Dorsal Approaches to the Middle Part of the Foot 679
- Dorsal and Dorsomedial Approaches to the Metatarsophalangeal Joint of the
Great Toe 683
- Dorsal Approach to the Metatarsophalangeal Joints of the Second, Third, Fourth, and
Fifth Toes 687
- Approach to the Dorsal Web Spaces 689
- Applied Surgical Anatomy of the Foot 691

Chapter Thirteen Approaches for External Fixation 695

| | |
|-----------------------------|-----|
| The Humerus | 696 |
| The Radius, Ulna, and Wrist | 698 |
| The Pelvis | 702 |
| The Femur | 707 |
| The Tibia and Fibula | 708 |
| The Ankle | 709 |

| | |
|--------------|-----|
| <i>Index</i> | 711 |
|--------------|-----|