

PRACTICE OF  
PÆDIATRIC  
ORTHOPÆDICS

**The reconstructed spine (discovered under a car park in 2013) of Richard III, immortalized by his final words:**

**“A horse! A horse! My kingdom for a horse!” Shakespeare *Richard III* Act 5 Scene 4.**

Cover image of King Richard III skeleton ©University of Leicester

# PRACTICE OF PÆDIATRIC ORTHOPÆDICS

THIRD EDITION

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## DEDICATION

"To our families, for whose support we are profoundly grateful."

## PREFACE

*The mind is not a vessel to be filled, but a fire to be kindled.*

Plutarch

This is a book founded upon principles and guided by practicality. It was conceived by Dr. Lynn Staheli with the goal of presenting the work of the paediatric orthopaedic surgeon in a simple but never simplistic, direct as opposed to sinuous, and most importantly readable form. We have adhered faithfully to Ockham's Principle of Parsimony, willing to sacrifice comprehensiveness at the altar of clarity for what is first and foremost a teaching tool and not a surgical manual or a research compendium. The language is directive because brevity begets clarity.

Figures are rudimentary in order that they may be accessible to the reader, who might imagine drawing them, and not to distract from the

essential information. Peaks and valleys are emphasized: let the reader fill in what lies between. We acknowledge when consensus has not been reached and uncertainty leads to variability. Where there is consensus, facts are presented. Controversy is acknowledged in so far as it influences understanding and management. Where there is clinical equipoise, no recommendation is given to avoid prejudice.

We hope that the reader will find the book useful and that our patients and colleagues will accept it in gratitude for all they have taught us.

Mohammad Diab, MD  
Lynn T. Staheli, MD

## PREFACE TO SECOND EDITION

This second edition of the *Practice of Paediatric Orthopaedics* (PPO) was designed to build upon the strengths of the first edition. The basic objectives are the same: to provide a guide to learning the essentials of this specialty quickly and efficiently. As with the first edition, I designed, wrote, and illustrated PPO utilizing desktop publishing technology that made possible a full-color, extensively illustrated book that is affordable.

This edition was greatly enhanced by my coauthors. Each is an acknowledged expert in their fields and each contributed substantially to improving their chapters.

Royalties for this publication will be donated to Global-HELP Organization to make health care publications available without charge for use in developing countries.

The new features and instructions for readers are detailed below:

### NEW FEATURES

- Coauthors contributed information and edited content.
- Text is updated and expanded.
- New illustrations have been added.
- Illustrations have been updated and improved.
- Topic discussion and procedures consolidated.
- Upper limb and hand chapters separated and expanded.
- Contents presented on end sheets to simplify access.
- Publication reformatted for production in Adobe InDesign.
- Anticipated readership expanded to include general orthopaedists, residents, nurses, therapists, and students.

## PREFACE TO FIRST EDITION

The *Practice of Paediatric Orthopaedics* (PPO) was designed to make learning children's orthopedics efficient and pleasant. This book provides core information, references, and e-mail access to experts. I designed, wrote, and illustrated PPO utilizing desktop publishing technology that made possible a full-color, extensively illustrated book that is affordable. To insure accuracy and clarity, each section was reviewed by at least two consultants. Consultants are acknowledged authorities.

The general features of PPO are listed below. Please read—*Instructions to Readers*. 2001

### GENERAL FEATURES

- Designed for general orthopedists and residents.
- Provides core information on paediatric orthopaedics.
- 37 consultants edited content and may accept e-mail consultations.
- Current references are provided.
- Compact, efficient design, with over 400 pages and 2,500 illustrations.
- Practical, how to book details common problems.
- Management recommendations are whole child oriented.
- Mainstream approach to management—safe and proven.
- Management recommendations are current.
- Trauma and procedures are presented in greatest detail.
- Flowcharts are added to guide management.

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