



## Surgical Procedures Involved in Orthopedic Surgery

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### ARTICLE HISTORY

Received: 29-Jun-2022, Manuscript No. EJMACES-22-69937;  
Editor assigned: 01-Jul-2022, PreQC No. EJMACES-22-69937 (PQ);  
Reviewed: 18-Jul-2022, QC No. EJMACES-22-69937;  
Revised: 22-Jul-2022, Manuscript No. EJMACES-22-69937 (R);  
Published: 01-Aug-2022

### Description

Orthopedic surgery, often known as orthopaedics or orthopaedics, is the area of surgery that deals with musculoskeletal problems. Orthopedic surgeons treat musculoskeletal trauma, spine problems, sports injuries, degenerative diseases, infections, cancers, and congenital disorders using both surgical and nonsurgical techniques.

### Arthroplasty

In orthopaedic surgery known as arthroplasty, the articular surface of a musculoskeletal joint is replaced, modified, or realigned with the use of osteotomies or other techniques. It is an elective treatment used to treat pain and bring back joint function following damage from trauma or rheumatoid arthritis (rheumasurgery). Uni-compartmental knee replacement, in which just one weight-bearing portion of an arthritic knee is replaced, is a popular alternative to the traditional total knee replacement procedure.

Various other joints, including the hip, shoulder, elbow, wrist, ankle, spine, and finger joints, can be replaced with artificial joints. Surface replacement of joints, particularly the hip joint, has grown in popularity among younger, more active patients in recent years. Although there are high risks of early failure from fracture and bone death, this procedure delays the need for the more conventional and less bone-conserving total hip replacement. Wear of the component bearing surfaces is one of the key issues with joint replacements. Damage to the surrounding bone may result from this, which could eventually cause the implant to fail. In an effort to improve the wear properties of joint replacement components, the use of alternate bearing surfaces has grown recently, especially in younger patients. Ceramics and all-metal implants are among them (as opposed to the original metal-on-plastic). Ultra-high-molecular-weight polyethylene is often the plastic of choice, though it can also be modified to potentially have better wear properties.

### Procedures

The top 25 orthopaedic doctors' most frequent surgeries between 1999 and 2003 are given below

1. Knee arthroscopy and meniscectomy
2. Shoulder arthroscopy and decompression
3. Carpal tunnel release
4. Knee arthroscopy and chondroplasty
5. Removal of support implant
6. Knee arthroscopy and anterior cruciate ligament reconstruction
7. Knee replacement
8. Repair of femoral neck fracture
9. Repair of trochanteric fracture
10. Debridement of skin/muscle/bone/ fracture
11. Knee arthroscopy repair of both menisci
12. Hip replacement
13. Shoulder arthroscopy/distal clavicle excision
14. Repair of rotator cuff tendon
15. Repair fracture of radius (bone)/ulna
16. Laminectomy
17. Repair of ankle fracture (bimalleolar type)
18. Shoulder arthroscopy and debridement
19. Lumbar spinal fusion
20. Repair fracture of the distal part of radius
21. Low back intervertebral disc surgery
22. Incise finger tendon sheath
23. Repair of ankle fracture (fibula)
24. Repair of femoral shaft fracture
25. Repair of trochanteric fracture

A practising orthopaedic surgeon often works 50–55 hours a week, split between clinic, surgery, different administra-

tive tasks, and, if they work in an academic setting, teaching and/or research. The typical work week for an orthopaedic surgeon was 57 hours in 2021, according to the American Association of Medical Colleges. This is a fairly low estimate,

though, as data from a 2013 poll of orthopaedic surgeons who considered themselves “very successful” because of their prominent positions in the profession showed that they put in an average of 70 hours per week or more.