The Physician and Sports Medicine

http://www.physsportsmed.com/issues/2000/09_00/pa_sandor.htm

Another American site which is quite good fun. Little emphasis on description, risk factors, prevention and symptoms but has a very elaborate section on different exercises with cartoon pictures on how to improve shoulder motion. Little information is available on the indications for surgery or expected outcome.**

Anterior cruciate ligament injuries and reconstruction

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Over the past decade, there has been an increase in interest and participation in sports. Concomitant with this, there has been an increase in sports-related injuries, particularly to the lower limbs. Of specifically ligamentous injuries to the knee, rupture of the anterior cruciate ligament (ACL) has been the commonest, and has the greatest potential to cause both short- and long-term disability. The development of surgery for ACL instability has been proceeding over the last century and multiple techniques are available for reconstruction of the ACL. Controversy certainly exists as to which autograft is best and which methods of placement and fixation should be used. What follows is a review of selected internet sites providing up-to-date information for both orthopaedic surgeons and their patients.

www.emedicine.com/pmr/topic3.htm

This 'emedicine' website offers an excellent resource for the orthopaedic surgeon, giving comprehensive information which is well thought through and referenced. It includes logical sub-headings for background, pathophysiology, symptoms and signs, diagnosis and treatment. There is a discussion on the complications as well as the medicolegal pitfalls. It is an excellent site which is both concise and comprehensive.***

www.orthoassociates.com/ACL_Page.htm

The Orthopaedic Associates website is a useful resource for both the patient and surgeon. The site provides information on: (i) knee ligament anatomy; (ii) indications for ACL surgery; (iii) ACL graft choices; (iv) surgical technique using patellar tendon; and (v) rehabilitation protocol. Numerous and excellent illustrations including arthroscopic and diagrammatic pictures.***

www.arthroscopy.com/sp05018.htm

This site offers an excellent resource for the orthopaedic surgeon, giving comprehensive technical information. Topics covered include knee joint anatomy and function, diagnosis and treatment, and a demonstration of an ACL reconstruction using the central third of the patella tendon. The site contains impressive arthroscopic pictures depicting a step-by-step ACL reconstruction procedure.***

www.orthoinfo.org/indepth/

[thr_report.cfm?Thread_ID=14&topcategory=Knee](http://www.orthoinfo.org/indepth/thr_report.cfm?Thread_ID=14&topcategory=Knee)

This site is provided by the American Academy of Orthopedic Surgeons (AAOS) and provides education and management services for orthopaedic surgeons and health professionals. The section on ACL injury describes the anatomy and pathophysiology of ACL injuries, the surgical and non-surgical options, the operative procedure and the potential operative complications. The site is an excellent source of information and is well laid out and easy to read.*****

www.anteriorcruciateligament.com/

[index.php?practiceId=3100&dir=categories&lib=Injury&categoryId=187](http://www.anteriorcruciateligament.com/index.php?practiceId=3100&dir=categories&lib=Injury&categoryId=187)

This website is created by the Carleton University Sports Medicine Clinic established in 1972 and provides sports medicine education to physicians and patients online. The site is targeted at a patient audience and provides the reader with information about an overview of the common causes of injury using video animation and also discusses the various treatment options available.***

www.wheelsonline.com/ortho/anterior_cruciate_ligament

This site provides a wealth of technical information to the orthopaedic surgeon. Topics covered include the anatomy of the ACL, biomechanics of the ACL, mechanism of the ACL tear, evaluation of ACL tears and the surgical management and techniques available. The site contains excellent MRI scans and arthroscopic pictures depicting the various topics covered.***

Burn Injuries

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Burn injuries lend themselves to sensationalism. Many sites exist on the worldwide web but few are clinically orientated and this review focuses on those that we expected to inform surgical trainees and several that achieved where these failed. Useful web-based literature was graded on certain criteria including management rationale, factual information, digital photography and practicalities of site use.

<http://www.burnsurgery.org>

This excellent site is aimed at clinicians and covers all topics to a good introductory level. It is especially good at summarising important issues in burn care such as nutrition, antisepsis, wound healing and eventually scar management. Good serial photography and modular format help to impart an overview of the timeline of a patient's care from admission to discharge. The section on 'burn prevention' is specifically good for the education of parents and at risk individuals.*****

www.britishburnassociation.co.uk

This British association site offers excellent practical advice on first-aid and prehospital care. It is a must for anyone working in the community and in casualty. National guidelines on