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Selected internet viewings

Welcome to the *Annals'* regular review of what's happening on the web, what your patients are reading and what caught our eye this month.

If you wish to review web sites in your area of expertise, please E-mail your completed reviews directly to me, **Richard Gibbs**, at r.gibbs@imperial.ac.uk. Authors must NOT submit their reviews more than once.

The editors regret that they cannot enter into correspondence with authors. It may be some months before your submission is reviewed.

Adhesive capsulitis (frozen shoulder)

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Wheless' Textbook of Orthopedics

http://www.whelessonline.com/ortho/adhesive_capsulitis_of_the_shoulder

A well-designed and valuable resource for any orthopaedic surgeon looking for advice on adhesive capsulitis or any other aspect of orthopaedic surgery. There are links to references that relate to the subject. Most of the links provide at least an abstract on the topic. The authors of this website also state that surgeons are free to use the information provided as long as it is not for commercial gain. Designed with an orthopaedic surgeon in mind, this site should be on any orthopaedic surgeon's favourite list.****

NHS Direct

<http://www.nhsdirect.nhs.uk/en.aspx?articleID=168>

There are many excellent UK sites, but this one has the edge for patients suffering from adhesive capsulitis. It is accurate, easy to follow and thorough on all aspects of diagnosis and management. This site also emphasises the importance of prevention and early diagnosis of this condition. All sub-headings of this disease condition are listed systematically. This site is ideal for patients. Very easy to navigate.***

American Academy of Orthopedic Surgeons

http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=162&topcategory=Shoulder

This website of the American Academy of Orthopedic Surgeons has plenty of practical advice for patients with adhesive capsulitis. It provides figures and percentages of, for example, age group affected, percentage of individuals affected, success rate after simple treatment, *etc.* The symptoms of the disease are broken down into three stages facilitating self-diagnosis by the patient. This website also gives advice on therapy with diagrams on how to do it. Great value to patients.***

DynoMed.com

[http://www.dynomed.com/encyclopedia/encyclopedia/shoulder/Frozen_Shoulder_\(Adhesive_Capsulitis\).html](http://www.dynomed.com/encyclopedia/encyclopedia/shoulder/Frozen_Shoulder_(Adhesive_Capsulitis).html)

This American, Indianapolis-based, patient education company produces medical advice for doctors and consumers. DynoMed.com's medical content consists of videos and DVDs on a comprehensive spectrum of musculoskeletal conditions, as well as a medical encyclopaedia on orthopaedic conditions and medical illustrations. Information on this website is one of the most easy to use as it is presented in a single page. This website is also jargon-free and easy to understand, especially for patients. It explains all medical terms in full. Recommended for patients.***

Orthoteers

<http://www.orthoteers.org/mainpage.aspx?page=register.aspx>

This surgeon-orientated site provides a large variety of information regarding the frozen shoulder. Some of the information is not generally covered on other sites. This website is highly recommended for junior trainees in the orthopaedic field. The only downside is it has 1-year membership fee of £57.50 if you want to review the full text. An excellent site, recommended to trainees.****

Internet Society of Orthopaedic Surgery and Trauma

<http://www.orthogate.com>

As the name suggests, this website provides a very good gateway for patient information. It has many links for patients, medical students and junior doctors. The information on this website is sufficient and well supported with very good illustrations. The good thing about this website is that registration is free. It is not a very complete website for orthopaedic trainees as the information on this website is very brief. Recommended to general practitioners and patients.**

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