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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.

Orthopaedic trainee resources online

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The way orthopaedic trainees gain and utilise information is changing. The internet provides a vast resource of knowledge for the potential 'orthopod' to use, browse and regurgitate. The problem lies in sorting the wheat from the chaff. Searching for information on diagnosis and treatment options is a minefield of excellent resources and crank mumbo jumbo sitting next to each other. Searching for an image is almost as likely to have you up in court or before the GMC as finding what you want. This review aims to point trainees in the right direction to finding knowledge and resources on the net.

Educational websites

<http://www.orthoteers.com/>

An excellent resource for revision and day-to-day use. Constantly being updated and expanded it provides information on all major branches of orthopaedics along with an excellent image database. It has successfully negotiated the transition from free to commercial while retaining its credibility as the internet answer to Miller's textbook (*Review of Orthopaedics*).*****

<http://www.shoulderdoc.co.uk/index.asp>

Mr Len Funk's other site provides information on a wide variety of upper limb problems and also has some excellent interactive tools and links and access to Stephen Copeland's now out-of-print text on shoulder surgery.****

<http://ortho.hyperguides.com/>

A free resource provided by Stryker and it has some tutorials, lectures and video streaming of surgery.***

<http://som.flinders.edu.au/FUSA/ORTHOWEB/notebook/home.html>

A good Australian site, text-based with few images.***

www.worldortho.com

This Australian site has a large image database along with online textbooks and quizzes.***

<http://www.instantanatomy.net/>

A free anatomy resource which is fairly basic but has some good surface anatomy diagrams along with diagrams of muscle insertion/origin and innervations.***

<http://www.bartleby.com/107/>

More detailed anatomy can be found at this free online version of *Gray's Anatomy* textbook. The images are excellent but the site is not very user friendly and can be difficult to navigate.***

<http://www.netanatomy.com/>

Has some excellent cross-sectional pages at various levels of both upper and lower limbs and the trunk and is well worth a look.****

<http://www.jbjs.org.uk/>

The *Journal of Bone and Joint Surgery* has full online access to back issues for subscribers along with links to upcoming courses and events for trainees and consultants.****

<http://www.ejbjs.org/>

The American journal has online access to issues, CME resources and online quizzes and examinations.****

<http://www.wheellessonline.com/>

Wheelless's online textbook is a useful resource for a overview of subjects but can be text heavy with few pictures.**

*****CONSIDER BUYING SHARES *****TELL YOUR FRIENDS
***MAY BE USEFUL **LOOK IF YOU'VE GOT NOTHING TO DO
*BEST AVOIDED

SELECTED INTERNET VIEWING

<http://www.siumed.edu/surgery/ortho/residents/>

The Southern Illinois University School of Medicine orthopaedic resident's site has some good descriptions on joint injection/aspiration and local anaesthetic blocks and basic patient management and is a useful resource for junior trainees.***

<http://www.orthopaedics.co.uk/>

A great resource for trainees with information about pathology, management and rehabilitation mainly of knee pathology. The rehabilitation and return-to-function sections are particularly useful as this is often information patients want and trainees don't have.****

Orthopaedic manufacturers' websites

Stryker <<http://www.stryker.co.uk/>> has some information on its products and excellent links to the Exeter and Avon websites, <<http://www.exeterhip.co.uk/>> and <<http://www.avonpatella.com/index3>>, which have background information along with operative techniques and pre-operative planning. The Stryker trauma pages <<http://www.trauma.stryker.com/physicians/index.php>> are also well worth a browse with the operative techniques for their trauma implants.****

Synthes, the commercial company affiliated with the AO Foundation, has an excellent website with access to all its current and many older operative techniques <<http://www.synthes.com/html/Product-Literature.6952.0.html>>.*****

Depuy <<http://www.depuy.co.uk/>> has a huge site with operative techniques, operative video and is worth sticking in your bookmarks.*****

Smith and Nephew <<http://ortho.smith-nephew.com/uk/Home.asp>> also has product information. However, the link they provide to residents' corner <<http://www.residentscorner.com/default.asp?pid=&flash=true>> is superb with anatomy, surgical approaches and product manuals. Easy to navigate and useful, this site is a real find.*****

Zimmer <<http://www.zimmer.co.uk/>> has a fairly commercial site but you can register for access to product guides and operative techniques.***

Biomet <<http://www.biomet.com/>> has operative techniques and product overviews available for download without registration.****

Acumed <<http://www.acumed.net/>> requires registration to access its detailed product information but also has useful case studies, highlighting its products with some good images.*****

Management and government sites

There are many political and management sites that a trainee can utilise while preparing for interview. <www.nice.org.uk/>, <www.doh.gov.uk/>, <www.healthcarecommission.org.uk/>, <www.npsa.nhs.uk/>, and <www.gmc-uk.org/> are just a few

to get you started. It is also a good idea to look up local sites when going for an interview.

Invaluable information can be gained from the trust's website, the local MP's or MSP's websites and the local press to obtain knowledge on local issues affecting the department you hope to work in.

Clavicle fractures

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Orthoteers www.orthoteers.com

Orthoteers is a popular online resource aimed at orthopaedic trainees. There is some limited access to non-subscribers, but you need to pay the £57.50 a year subscription to access the full site, which funds this non-profit venture. The site is easy to navigate and the main page on clavicular fractures includes the Craig classification, indications for operative and non-operative management, and (briefly) non-union with a few useful X-rays and intra-operative photographs. In addition, there are several relevant abstracts covering operative and non-operative management and non-union. The page was updated in July 2007. Extensive literature reviews on clavicle fractures, including Allman and Neer classifications (2005) and non-union (2002) in the Orthopaedic World Literature Society (OWLS) section further add to the breadth of knowledge on the topic.****

www.wheelsonline.com

Wheelless's *Textbook of Orthopaedics* is another site popular with orthopaedic trainees and A&E doctors. The use of multiple hyperlinks to subtopics and other related topics keeps the individual pages concise and easy to read. It includes a brief introduction, including embryology. The information is laid out in bullet points; although no classification is clearly defined, many of the subcategories of the Allman classification are described. This is the most commonly used classification, and the one your consultant will expect you to know. There are links to some very useful X-rays of different fracture patterns, which are low resolution on enlargement. Non-union and malunion are covered via hyperlinks to other Wheelless' pages. Management discussion is brief, but up-to-date with a link to a recent multicentre randomised control trial (2007). All content on this excellent site is free to view; in general, it is well laid out and easy to read.****

www.easytrauma.co.uk

www.rcsed.ac.uk

The colour scheme is unusual, but again the Easy Trauma site is concise, well written and easy to read. It would be