*****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

suitable for medical students, orthopaedic trainees and A&E doctors. The first page gives an overview with links to middle third, lateral third and acromioclavicular joint injuries. It has some useful information that can directly be put into practice and used for discussion in fracture meetings. It outlines different classifications, including Allman, Neer, Rockwood and Green, although not in any great detail. This is the only site that defines the Edinburgh classification, which looks at the probability of non-union. It also has a simple prognostic index calculator for non-union of conservatively managed fractures from a review of 858 cases by Robinson.***

www.emedicine.com

There are two articles on the e-medicine website: 'Clavicle Fractures' in the orthopaedic section and 'Fractures, Clavicle' in the emergency medicine section. The former is extensive, well structured and includes the Allman classification, but is made up of large chunks of text which are more easily read printed out. It covers a huge amount of information in 4300 words, but there are no X-rays and the diagrams require a subscription of \$19.95 to have access to the full-size images. The latter has been written to fit into a standard emergency medicine topic format with set headings, and is consequently less useful, although not bad, as an overview for medical students.**

www.shoulderdoc.co.uk

Shoulderdoc is an interactive site for patients with some additional professional educational material on shoulder and elbow problems. It has been recently updated and includes Robinson's abstract and prognostic index graphs. It is not intended as a revision website for orthopaedic trainees, and the material aimed at professionals is limited, but this site is definitely the best for patients seeking information and advice. It has an easy-to-use interface with a good search function and some excellent anatomical diagrams of the shoulder.***

Dupuytren's contracture

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www.emedicine.com/plastic/topic299

Dr G Bolitho, Associate Clinical Professor of Plastic Surgery at the University of California, provides a very structured

and comprehensive review of Dupuytren's disease. Basic topics such as epidemiology, aetiology and pathogenesis are covered in sufficient detail to maintain the interest of the enthusiast without getting bogged down. The description of the palmar fascia anatomy, which is fundamental to understanding disease presentation and management, is clear enough. However, without the benefit of illustrations, the various fascial structures are difficult to visualise for the uninitiated. A section on indications for intervention is very welcome as this is a topic often discussed but seldom written about. One of the strengths of this article is in the clear and focused description of surgical management, which can be a confusing topic due to terminology as well as the variety of fasciectomy. Although the scope of the article is broad enough to appeal to general practitioners and physicians, it is really a manual for surgical trainees and should be considered essential reading.****

www.wheellessonline.com

The chapter on Dupuytren's contracture benefits from a simple format that is easy to follow, with good links to related pages and appropriate publications. All aspects of surgery are discussed including a very detailed and well-illustrated section on incisions and postoperative care, a topic often neglected. This is not a detailed account of Dupuytren's disease itself but the notes on surgical treatment are an invaluable resource for trainees wishing to learn and practice the various techniques.***

www.patient.co.uk

This website, created by general practitioners, provides patient-oriented advice about Dupuytren's contracture and is an excellent first port-of-call for patients with newly diagnosed disease. The information leaflet is succinct and presented in a clear and comprehensible manner. Unfortunately, no pictures are provided to embellish the text descriptions, which may prove frustrating for patients. A 'PatientPlus' section provides doctors with more detailed information on the disease and is probably most useful for general practitioners. The links to other sites are very useful, such as the NICE guidelines on needle fasciotomy, patient support groups and descriptions of patients' experiences.***

http://www.dupuytren-online.info

The German Dupuytren Society created this website to provide information on treatment options for Dupuytren's contracture. This is a very user-friendly website and, although aimed at patients, is actually quite detailed. The English is slightly awkward in places and patients will have to get used to Dupuytren's being referred to as 'the tumour'. The site additionally provides links to several scientific publications, related websites and to forums for patients