

GLOSSARY OF ORTHOPAEDIC TERMS

Abduction	Motion directed away from the midline of the body. (Opposite of adduction.)
Active motion:	Joint motion carried out by the patient
Adduction:	Motion toward the midline of the body.
Annulus fibrosis	The highly elastic fibrocartilaginous envelope about each intervertebral disk. A tear of this membrane and dislodging of the inner cartilage leads to extrusion of the nucleus pulposus of the disk.
Arthritis:	Inflammation of a joint.
Arthroplasty:	Surgery of a joint to make or increase movement.
Atrophy:	Wasting away with diminution in size of cell, tissue, organ or part.
Bursa:	A small fluid filled sac situated over the bony prominence (usually) and serving to relieve friction and pressure.
Cartilage	This tissue is commonly called gristle. It covers the ends of the bones and facilitates their gliding action within the joints.
Cervical:	Pertaining to the neck.
Chondromalacia:	Softness of the articular cartilage, usually involving the patella.
Clonus:	Spasmodic alternation of muscular contraction and relaxation
Crepitation:	A crackling sound heard in certain conditions such as the rale heard in pneumonia or the grating sound heard on movement of ends of a broken bone.
Dislocation:	The displacement of any part, more especially of a bone at a joint.
Dorsal:	Refers to that region of the back which extends from the neck down to the lumbar region; also refers to the back, or posterior aspect of any part of an extremity.
Dorsiflexion:	Bending toward the dorsal aspect, as the wrist refers to lifting the wrist up.
Dysplasia:	Abnormality of development.
Dystrophy:	Defective or faulty nutrition.
Effusion:	Escape of fluid into a pad, as the pleural cavity, such as hemothorax (blood), pneumothorax (air), etc.
Extension:	From an orthopaedic standpoint, this term is used to mean the straightening of a joint. The opposite of flexion or bending
Flexion: (Bending)	The opposite of extension or straightening.

Fusion:	The formation of an ankylosis, either following injury, disease or surgically produced.
Hyperextension:	Extreme or excessive extension
Idiopathic:	Of unknown cause.
Kyphosis:	Humpback. Curving posteriorward.
Lateral:	Outer. Away from the sagittal plane of the body.
Ligament:	A band of fibrous tissue that connects bones or cartilage.
Lordosis	Curving anteriorward. Curvature of the spinal column with a forward convexity.
Lumbar:	Pertaining to the part of the back which extends from the lowest ribs down to the upper border of the pelvis.
Orthopaedics:	The branch of surgery which deals with the bones and joints and other structures closely related to them.
Paraesthesia:	Sensation of numbness, prickling or tingling or heightened sensitivity.
Passive motion	Movement of a patient's joint by a person who is examining or treating the patient. Contrast with active motion which is carried out by the patient himself.
Prespondylolisthesis (Spondylolysis):	A vertebral defect predisposing to spondylolisthesis. The condition consists of a congenital anomaly causing a separation of the articular facets, usually in the lumbar spine, symptoms of low back pain and sciatica may result. Treatment consists of supports and other orthopaedic measures.
Sacrum:	The lower five vertebrae fused together and joined with the pelvis.
Sacroiliac:	The joint between the sacrum and pelvic bone and ilium.
Scoliosis:	Abnormal curvature of the vertebral column, a lateral curvature.
Spinal Fusion Operation:	A bone operation which results in strengthening of the spinal column by obliteration of the joints between some of the vertebrae.
Spondylolisthesis:	A defect in a vertebra between the pedicle and the lamina with forward displacement of the upper facet and the vertebra above.
Supination:	A turning of the hand so that the palm faces upward. The opposition of pronation.
Synovium:	The lining of a joint.
Tendon:	The strong fibrous cord or "leader" which connects a muscle to the bone which it is designated to move.
Thoracic:	Pertaining to the thorax or chest.
Tonus:	The slight, continuous contraction of muscle, which in

	skeletal muscles aid in the maintenance of posture and in the return of blood to the heart.
Traction:	A pulling force, often provided by weights hung over the end of the bed and attached to some part of the body by means of tape, etc.