



Before Licensing Examination > Useful Resources

Topics

The following is a list of topics for reference; the list is neither exclusive nor exhaustive. Candidates are expected to have a good understanding of the biomedical basis and clinical management, where appropriate, of these conditions. Please note that the same topic can appear in more than one discipline if deemed appropriate.

Orthopaedic Surgery & Traumatology

Bone and Joint Infection

- Acute and chronic infections
- Necrotising fasciitis

Adult Knee and Hip Arthritis

- Degenerative arthritis
- Rheumatological conditions with orthopaedic implication: ankylosing spondylitis, rheumatoid arthritis
- Gout and pseudogout
- Avascular necrosis of femoral head

Orthopaedic Traumatology

- Common musculoskeletal injuries including geriatric fractures, multiple trauma and open fractures
- Common dislocations
- Interpretation of x-ray of fractures and dislocations
- Classification, clinical features, complications and healing of fractures
- Management of fractures including reduction, immobilisation and rehabilitation
- Compartment syndrome and Volkmann's contracture

Common Sport Injuries and Related Problems

- Importance of physical activity for health, potential side effects of excessive activity such as overuse or traumatic sports injuries
- Knee problems:
 - a. Tear of ligaments
 - b. Meniscal injury
 - c. Chondromalacia patellae
 - d. Acute knee haemarthrosis



- Ankle problems:
 - a. Ankle sprain including anterior talo-fibular ligament injury
 - b. Rupture of tendoachilles
- Shoulder problems:
 - a. Shoulder dislocation and instability
 - b. Multidirectional instability and general laxity
 - c. Impingement, supraspinatus tear and other rotator cuff tears
 - d. Frozen shoulder
- Elbow problems:
 - a. Tennis elbow
 - b. Golfer's elbow
- Others
 - a. Osgood-Schlatter disease

Paediatric Orthopaedics

- Bone growth
- Adolescent idiopathic scoliosis
- Developmental dysplasia of hip (DDH)
- Transient synovitis of hip
- Children's injuries and fractures

Disorders and Injuries of the Spine

- Conditions leading to neck or back pain
- Prolapsed intervertebral disc (PID)
- Spinal stenosis
- Neurogenic claudication (compared with vascular claudication)
- Cervical radiculopathy and myelopathy
- Lumbar radiculopathy
- Cauda equina syndrome
- Management and complications of spinal cord injury

Common Hand Problems

- Common injuries: domestic injuries, sports injuries (e.g. mallet finger and scaphoid fracture), traffic accidents and falls
- Three phases of management for hand injuries: first aid, definitive management, rehabilitation
- Outcome measurement of hand injuries
- De Quervain's tenosynovitis



- Trigger finger
- Lateral and medial epicondylitis
- Cumulative trauma disorders
- Nerve entrapments, double crush syndrome, carpal tunnel syndrome, cubital tunnel syndrome
- Common lumps and bumps: ganglion, giant cell tumour of the tendon sheath, nerve sheath tumour, lipoma, dermoid cyst
- Acute infection
- Nerve injuries and nerve palsies
- Reflex sympathetic dystrophy, complex regional pain syndrome I and II

Orthopaedic Rehabilitation

- Meaning of impairment, disability and handicap
- Multidisciplinary approach for rehabilitation

Foot and Ankle Injuries and Disorders

- Hallux valgus
- Diabetic foot
- Ankle sprain
- Plantar fasciitis
- Bunions
- Flat foot
- Ingrown toenail
- Ischaemia – acute and chronic

Musculoskeletal Tumours

- Principles of management for benign bone and soft tissue tumours
- Principles of treatment for malignant tumours
- Basis of clinical staging and its application
- Concept of marginal, intra-lesional, wide local, and radical excision for musculoskeletal tumours
- Overall management of metastatic disease
- Classic osteosarcoma and its management

Miscellaneous

Metabolic bone disease:

- Osteoporosis
- Neurofibromatosis
- Marfan syndrome