

## M5.1

## Orthopaedic Sports Injuries Revisit

**Common Sports Injuries of the Knee and the Shoulder: The Facts and the Myths***Wong YB**Department of Orthopaedics and Traumatology, Queen Elizabeth Hospital, Hong Kong*

Knee and the shoulder injuries are common sports-related injuries and have been the subject debate and research for decades. It is our purpose to examine the current evidence from a scientific point of view, and establish the facts about these common conditions.

We are going to clarify some myths about the anterior cruciate ligament (ACL) that it ACL is usually torn due to direct impact in sports; ACL injury occurs more often in men; all complete ACL tears require surgery; ACL reconstruction is only performed on complete tears; the bone-patellar tendon-bone (BPTB) is the strongest graft; ACL reconstruction surgery requires a long hospital stay and long rehabilitation period; and re-injury rates are high.

We are also going to discuss the predisposing factors for patellar dislocation, the myths that patients may grow out of it, or get trained out of it; there is no need to seek medical help and remain largely asymptomatic; surgery is rarely necessary but rather straightforward if needed, yet with unpredictable results.

For shoulder injuries, we will revisit the mechanism of dislocation and elucidating the myths that there is no need to go to hospital for reduction; surgery is never necessary for first time dislocators; and surgery is straight forward and easy.

On rotator cuff tears, we will go through the common mechanism of injury, and address the various myths on investigation, diagnosis, pre-operative exercise, injections, surgery, and rehabilitation. Finally, we hope to differentiate facts from fiction by carefully examining available evidence.