

Orthopedics

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Description

It is defined as a branch of medicine that deals with the correction or prevention of skeleton deformities, disorders or injuries and related structures (such as tendons and ligaments). As an orthopedist, a person who specializes in orthopedics is known.

To treat a number of musculoskeletal conditions, such as sports injuries, joint pain, and back problems, orthopedists use both surgical and nonsurgical techniques. Orthopaedic trauma where refers to a serious injury of the skeletal or muscular system created by an external force.

It is a common health condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years, and is often only diagnosed when a minor fall or sudden impact causes a bone fracture.

Depending on the particular condition and body part, the symptoms of orthopedic problems will vary, includes symptoms: Deformities or abnormal presence of a joint appearance, Fatigue combined with pain or swelling in the joints, Stiffness of the joint and limited range of motion, Spasms in the muscles, Numbness, tingling or vulnerability. Pain that may be mild, moderate or severe and severe, dull, achy, crampy, burning or stabbing

Women are at higher risk of osteoporosis. At early stages, osteoporosis does not commonly cause any symptoms. As the diseases develop, though, the following symptoms may occur: like Pain in the lower back, Round back, and getting shorter over time.

Risk factors involved in orthopedic conditions: Every individual orthopedic problem has its own collection of risk variables. Risk factors, in general, can include: Aging, Being overweight or obese, placing extra strain on the muscles, joints, and structures of the joints Getting a chronic condition, including diabetes, Playing sports or engaging in events for leisure and Using inappropriate methods of lifting.

Prevention of osteoporosis should begin at an early age. Likewise, a healthy diet must be maintained - intake of proteins, calories, calcium and Vitamin D, all of which are necessary for protecting the bone formation and density. Regular exercising is a useful way to maintain the bone thickness, strengthen muscles, and maintain body balance. With, therefore, reduce the risk of fractures. There are many injection therapies that apply in this branch of medicine, since there are various forms of orthopedic conditions that patients may suffer from. The following are some of them: A common practice in orthopedics is to use spinal injections. The first is that, when administered, they help doctors diagnose issues. The second way to make use of spinal injections is to provide pain relief. Usually, these injections are done with the help of an X-Ray, known as a fluoroscopy.

There are many different types of spinal injections that can be used by a doctor for orthopedic treatment: like Sacroiliac Joint Injections, Epidural injections and Facet joint injections.

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