

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, सर्जरी समूह, स्पोर्ट्स तथा अर्थोस्कोपिक सर्जरी उपसमूह, नवौं (९) तह, कन्सल्टेन्ट स्पोर्ट्स तथा
अर्थोस्कोपिक सर्जन पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II - Technical Subject

1. General Principles of Arthroscopy

- 1.1. Instruments and equipment
- 1.2. Anesthesia
- 1.3. Documentation
- 1.4. Advantages
- 1.5. Disadvantages
- 1.6. Indications and contraindications
- 1.7. Basic arthroscopic techniques
- 1.8. Surgical implants used in Arthroscopic therapy.
- 1.9. Complications

2. Arthroscopy of the Lower Extremity

- 2.1. Knee
 - 2.1.1. Basic diagnostic techniques
 - 2.1.2. Arthroscopic examination of the knee
 - 2.1.3. Arthroscopic surgery of the meniscus
 - 2.1.4. Anterior cruciate ligament
 - 2.1.5. Posterior cruciate ligament
 - 2.1.6. Posteromedial complex
 - 2.1.7. Posterolateral complex
 - 2.1.8. Arthroscopic surgery for other disorders
 - 2.1.9. Other applications of arthroscopy of the knee
 - 2.1.10. Complications
- 2.2. Foot & Ankle
 - 2.2.1. Arthroscopic portal placement and examination of Ankle
 - 2.2.2. Soft-tissue procedures
 - 2.2.3. Bony procedures
 - 2.2.4. Complications
 - 2.2.5. Arthroscopy of the subtalar joint, arthroscopic subtalar arthrodesis
- 2.3. Hip
 - 2.3.1. Indications including Clinical assessment and patient selection
 - 2.3.2. General setup,
 - 2.3.3. Arthroscopy in supine and lateral position
 - 2.3.4. Management of labral and articular lesions/injuries, Femoral acetabular impingement
 - 2.3.5. Snapping hip syndrome and Peri trochanteric disorders
 - 2.3.6. Biopsy, Irrigation for infection, OCD & Chondral lesions, Lig Teres injury, IA loose bodies, foreign body. Assessment of Total Hip Replacement,

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, सर्जरी समूह, स्पोर्ट्स तथा अर्थोस्कोपिक सर्जरी उपसमूह, नवौं (९) तह, कन्सल्टेन्ट स्पोर्ट्स तथा अर्थोस्कोपिक सर्जन पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

2.3.7. Extraarticular conditions: Snapping Psoas, Piriformis syndrome & Sciatic Nerve decompression, Ischiofemoral impingement.

2.3.8. Complications

3. Arthroscopy of the Upper Extremity

3.1. Shoulder

3.1.1. Indications

3.1.2. Patient positioning and anesthesia

3.1.3. Lateral decubitus position

3.1.4. Beach-chair position

3.1.5. Control of bleeding during arthroscopy

3.1.6. Fluid extravasation

3.1.7. Portal placement

3.1.8. Diagnostic arthroscopy and arthroscopic anatomy

3.1.9. Specific arthroscopic surgical procedures

3.1.9.1 Removal of loose bodies

3.1.9.2 Synovectomy

3.1.9.3 Drainage and debridement

3.1.9.4 Repair of labral tears

3.1.9.5 Repair of biceps tendon lesions

3.1.9.6 Reconstruction for anterior instability

3.1.9.7 Posterior shoulder stabilization

3.1.9.8 Impingement syndrome

3.1.9.9 Impingement and os acromiale

3.1.9.10 Partial rotator cuff tears

3.1.9.11 Delamination tears and localized partial-thickness, articular-side rotator cuff tears

3.1.9.12 Complete rotator cuff tears

3.1.9.13 Massive contracted rotator cuff tears

3.1.9.14 Subscapularis tendon tears

3.1.9.15 Acromioclavicular joint

3.1.9.16 Calcific tendinitis of the rotator cuff

3.1.9.17 Arthroscopic debridement for osteoarthritis

3.1.9.18 Posterior ossification of the shoulder (Bennett lesion)

3.1.9.19 Spinoglenoid cyst

3.1.9.20 Arthroscopic capsular release

3.1.9.21 Complications

3.2. Elbow

3.2.1. Indications

3.2.2. Patient positioning and anesthesia

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, सर्जरी समूह, स्पोर्ट्स तथा अर्थोस्कोपिक सर्जरी उपसमूह, नवौं (९) तह, कन्सल्टेन्ट स्पोर्ट्स तथा अर्थोस्कोपिक सर्जन पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 3.2.3. Portal placement
- 3.2.4. Arthroscopic examination of the elbow
- 3.2.5. Specific arthroscopic surgical procedures
 - 3.2.5.1 Removal of loose bodies
 - 3.2.5.2 Panner's disease and osteochondritis dissecans
 - 3.2.5.3 Throwing injuries
 - 3.2.5.4 Evaluation of ulnar collateral ligament function
 - 3.2.5.5 Posterior elbow impingement
 - 3.2.5.6 Radial head resection
 - 3.2.5.7 Arthroscopic treatment for arthrofibrosis
 - 3.2.5.8 Arthroscopic debridement for osteoarthritis
 - 3.2.5.9 Synovectomy
 - 3.2.5.10 Tennis elbow release
 - 3.2.5.11 Olecranon bursitis
 - 3.2.5.12 Arthroscopic-assisted intraarticular fracture care
 - 3.2.5.13 Pyarthrosis
 - 3.2.5.14 Complications
- 3.3. Wrist
 - 3.3.1. Wrist arthroscopy anatomy, portals
 - 3.3.2. Triangular fibrocartilage complex tears
 - 3.3.3. Arthroscopic treatment of dorsal and volar ganglion, repetitive strain injury
 - 3.3.4. Endoscopic carpal tunnel release
 - 3.3.5. Role of wrist arthroscopy in intraarticular distal radius fractures
- 4. **Arthroscopy of Axial skeleton**
 - 4.1. Spine:
 - 4.1.1. Treatment of Disc herniation and degenerative discs
 - 4.1.2. Spinal deformity
 - 4.1.3. Tumors
 - 4.2. Temporomandibular joint :
 - 4.2.1. Diagnostics/Therapeutics
- 5. **Arthroscopy & Recent advances**
 - 5.1. Regenerative Medicine
 - 5.2. Computer assisted surgery/ Navigation surgery
 - 5.3. Robotic assisted surgery