

Alexandru D. Rădulescu: Orthopedics and sports medicine in the middle of the twentieth century

Alexandru D. Rădulescu: Ortopedie și medicină sportivă la mijlocul secolului XX

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Abstract

The great Romanian Union in 1918 had the effect of passing the University of Cluj-Napoca under the authority of the Romanian state. The reorganization of the University of Cluj-Napoca set in motion the whole Romanian society, especially the academic field. Representative Romanian intellectuals released a series of organizational suggestions regarding the background and content of the education system that was going to be applied in the third University of Romania. Dr. Alexandru Rădulescu was an important member of the Romanian surgery and then orthopedic society, and the founder of the Orthopedic School in Cluj. Until 1940, in this hospital, he had a rich osteoarticular traumatology activity, supported by scientific and publishing work appreciated by many specialists. The whole organization of the hospital demonstrated the advanced concepts of the young doctor Rădulescu in the field of rehabilitation of motor deficiencies. Professor Alexandru Rădulescu was an autodidact, a character and specialist trainer, an excellent teacher, an emeritus professor, an excellent clinician and author of many surgical procedures that bear his name. Nowadays, at the Great Romanian Union Centenary, Prof. Al. D. Rădulescu deserves all the honor and special recognition for his academic achievements and contributions, being a pioneer of Romanian orthopedics and sports medicine, and the founder of the Romanian Orthopedic School in Cluj-Napoca and in our country.

Key words : Alexandru Rădulescu, Romanian orthopedic history, orthopedic, traumatology

Rezumat

Desăvârșirea unității naționale românești în anul 1918 a avut ca efect și trecerea Universității din Cluj sub autoritatea statului român. Reorganizarea Universității din Cluj a pus în mișcare întreaga suflare românească, în special mediile academice. Intelectuali români de seamă au emis o serie de sugestii organizatorice privitoare la fondul și conținutul învățământului ce urma să se predea la a treia universitate din România. În acest context, un reprezentant de seamă al școlii de chirurgie și apoi de ortopedie a fost Dr. Alexandru Rădulescu, întemeietorul Școlii românești de ortopedie la Cluj. Profesorul Alexandru Rădulescu a înființat Spitalul de Ortopedie din Cluj pe structura unei clădiri dărăpănate, pe care o transformase într-o clădire modernă cu 60 de paturi. Până în 1940, în acest spital s-a desfășurat o bogată activitate de traumatologie osteoarticulară, susținută și de o activitate publicistică apreciată de numeroși specialiști. Întreaga organizare a spitalului demonstrează din plin concepțiile avansate ale tânărului medic Rădulescu în domeniul reabilitării deficiențelor motorii. Profesorul Alexandru Rădulescu a fost un autodidact, un formator de caractere și specialiști, un pedagog excelent, profesor emerit, excelent clinician și autor al multor procedee chirurgicale care îi poartă numele. A susținut o activitate impresionantă în toate planurile. Acum când se împlinesc 100 de ani de la Marea Unire, Prof. Al. D. Rădulescu merită toată cinstea și considerația pentru aportul său, fiind considerat deschizător de drum al ortopediei românești și fondator al școlii românești de ortopedie din Cluj și din țara noastră.

Cuvinte cheie: Alexandru Rădulescu, Istoria ortopediei românești, ortopedie, traumatologie

The eminent Romanian scientist, Professor Alexandru D. Rădulescu, was an outstanding orthopedist and expert in sports medicine, recognized by the international scientific community. He was one of the founders of modern orthopedics and sports medicine in the middle of the twentieth century (Rădulescu, 1975; Rădulescu & Baciu, 1965; Rădulescu, 1956; Rădulescu & Robănescu, 1958; Rădulescu & Dorthheimer, 1957).

Professor Al. D. Rădulescu created a modern school of orthopedics and sports medicine at the “Iuliu Hatieganu” University of Medicine and Pharmacy in Cluj-Napoca. Presently, this academic school is known as Orthopedics and Traumatology, which is integrated in the Department of Orthopedics, Traumatology and Pediatric Orthopedics, under the leadership of Professor Habil. Dr. Gheorghe Tomoaia, a famous orthopedic surgeon and a well-known

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expert in traumatology (Tomoaia, 2018; Tomoaia, 2017; Tomoaia, 2016), an associated member of the Academy of Romanian Scientists.



Alexandru D. Rădulescu (1886-1979)

Prof. Al. D. Rădulescu was the most influential orthopedist in Romania in the twentieth century, carrying out an intense activity in both clinical and academic fields, forming many personalities in the field of Romanian orthopedics. He was born in Focsani on 10 September 1886. During 1905-1911, he attended the courses of the Medical Faculty in Bucharest, having the famous surgeon Toma Ionescu as a professor. In 1920, he developed an innovative approach to a series of cases: medullary compression caused by fractures, Pott's disease, intradural lipoma. In 1923, he was appointed director of the Regina Maria Surgical Orthopedic and Tuberculosis Hospital, which was just opened in Cluj-Napoca.



Inauguration of the Orthopedic Hospital in Cluj-Napoca, in the presence of Her Majesty Queen Mary, in 1923

The Orthopedic Hospital in Cluj-Napoca was a derelict building, a former asylum for the blind, and Al. D. Rădulescu transformed it into a modern 60-bed building. Until 1940, in this hospital, he had a rich osteoarticular traumatology activity, supported by scientific and publishing work appreciated by many specialists. This hospital also included a prosthesis studio, orthosis and orthopedic footwear, physiotherapy and kinesiotherapy

as well as ergotherapy sections, and a school for disabled children requiring long-term hospitalization. The whole organization of the hospital demonstrated the advanced concepts of the young doctor Rădulescu in the field of rehabilitation of motor deficiencies in children. Due to European political circumstances, in 1940 Prof. Rădulescu moved with his entire academic research team to Bucharest, where he founded the first orthopedic hospital.

In the middle of the twentieth century, Prof. Rădulescu treated the pathology of sports knee injuries according to international standards of the time. He treated knee sprains and instabilities, as well as meniscus and anterior cruciate ligament lesions. In his book "Genunchiul: Studiul clinic și terapeutic" (The knee: A clinical and therapeutic study) (Rădulescu & Baci, 1965), he presented the means of diagnosing and managing the patient with sports knee injury, and his results. At a time when clinical examination was the only asset of physicians, Prof. Rădulescu brought forth in his book the most relevant tests for the assessment of intraarticular lesions. The systematic way of approach to the rotational instability of the knee emphasizes testing within 30 to 80 degrees range of flexion, because stabilization of the joint may hide the lesion. The academic medical research of Prof. Rădulescu represents an important basis for medical and clinical research in this millennium (Tomoaia, 2018; Tomoaia, 2017; Tomoaia, 2016; Ifrim, 2018; Iftimovici, 2015; Ursea, 2001; Ursea, 2009).

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