This Paper Will Change Your Practice: Elbow
David Ring MD PhD


- Surgery for stiffness is MORE effective when there is heterotopic ossification restricting motion

- Surgery for stiffness is MORE effective when there is heterotopic ossification restricting motion


- No difference in splints
- Not clear that a splint is better than exercises on your own
- People improved for more than 12 months
- In the absence of HO, ulnar neuropathy, errant implants, malunion, etc. the capsule can be stretched


- Protectiveness creates stiffness
- Not an elusive pathophysiology


- Coaching that stretching helps creates immediate gains in motion


- Selected distal humerus, elbow fracture-dislocations, and olecranon fractures can be treated nonoperatively


- Beware the apparent capitellum fracture. It’s often much more complex