

This Paper Will Change Your Practice: Elbow

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Lindenhovius AL, Linzel DS, Doornberg JN, Ring DC, Jupiter JB. Comparison of elbow contracture release in elbows with and without heterotopic ossification restricting motion. *J Shoulder Elbow Surg.* 2007 Sep-Oct;16(5):621-5. PubMed PMID:17644008.

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

Lindenhovius AL, Doornberg JN, Brouwer KM, Jupiter JB, Mudgal CS, Ring D. A prospective randomized controlled trial of dynamic versus static progressive elbow splinting for posttraumatic elbow stiffness. *J Bone Joint Surg Am.* 2012 Apr 18;94(8):694-700. doi: 10.2106/JBJS.J.01761. PubMed PMID: 22517385.

- 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

Teunis T, Bot AG, Thornton ER, Ring D. Catastrophic Thinking Is Associated With Finger Stiffness After Distal Radius Fracture Surgery. *J Orthop Trauma.* 2015 Oct;29(10):e414-20. PubMed PMID: 25866942.

- Protectiveness creates stiffness
- Not an elusive pathophysiology

Teunis T, Thornton ER, Guitton TG, Vranceanu AM, Ring D. Coaching of patients with an isolated minimally displaced fracture of the radial head immediately increases range of motion. *J Hand Ther.* 2016 Jul-Sep;29(3):314-9. doi:10.1016/j.jht.2016.02.003. PubMed PMID: 27496986.

- Coaching that stretching helps creates immediate gains in motion

1: Chan K, Faber KJ, King GJ, Athwal GS. Selected anteromedial coronoid fractures can be treated nonoperatively. *J Shoulder Elbow Surg.* 2016 Aug;25(8):1251-7. PubMed PMID: 27233484.

2: Desloges W, Faber KJ, King GJ, Athwal GS. Functional outcomes of distal humeral fractures managed nonoperatively in medically unwell and lower-demand elderly patients. *J Shoulder Elbow Surg.* 2015 Aug;24(8):1187-96. PubMed PMID: 26189804.

3: Chan K, MacDermid JC, Faber KJ, King GJ, Athwal GS. Can we treat select terrible triad injuries nonoperatively? *Clin Orthop Relat Res.* 2014 Jul;472(7):2092-9. PubMed PMID: 24549776; PubMed Central PMCID: PMC4048392.

4: Duckworth AD, Bugler KE, Clement ND, Court-Brown CM, McQueen MM. Nonoperative management of displaced olecranon fractures in low-demand elderly patients. *J Bone Joint Surg Am.* 2014 Jan 1;96(1):67-72. doi: 10.2106/JBJS.L.01137. PubMed PMID: 24382727.

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

Dubberley JH, Faber KJ, Macdermid JC, Patterson SD, King GJ. Outcome after open reduction and internal fixation of capitellar and trochlear fractures. *J Bone Joint Surg Am.* 2006 Jan;88(1):46-54. PubMed PMID: 16391249.

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