This Paper Will Change Your Practice: Upper Extremity

David Ring MD, PhD

Lessons

- Deformity doesn’t correlate with impairment
- Impairment doesn’t correlate with symptoms and limitations
- Surgery adds injury and potential problems

Lessons

- Expertise sensitive
- Preference sensitive
- Adaptation and resiliency are good for you
Lessons

- Not all fractures can be fixed and moved
- It's OK to immobilize a joint
- The bone on the other end of the joint can help you with alignment and fixation
Lessons

Myths:

- "It's too distal for a brace"
- "The elbow will get stiff"

Recovery is counterintuitive

Pain trips the alarm

Treatment

- Empathy
- Expertise
- Resume normal life roles
Lessons

- Surgeons have different opinions and preferences for treatment.
- We are at risk of an error in diagnosis of patient preferences.