

Elbow Fractures (Distal Humerus, Radial Head, Terrible Triad)

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Objectives:

- understand the unique anatomy of the elbow
- identify injury patterns that are best treated with surgery
- understand and avoid the complications arising from non-operative and operative treatment options

Elbow anatomy:

- 3 articulations
- key anatomic structures that correlate with elbow stability
- special consideration for the coronoid
- elbow biomechanics

Physical exam:

- elbow exam includes the wrist and forearm
- compartment assessment
- bipolar or Essex-Lopresti injuries
- how to efficiently assess the peripheral nerves

Imaging:

- role of traction views
- CT scan

Management:

- initial: closed reduction, splinting
- definitive: non-operative vs. operative
- post-operative management: early mobilization, therapy, role of HO prophylaxis

Classifications:

- how does classifying elbow fractures aid management
- distal humerus, radial head, coronoid