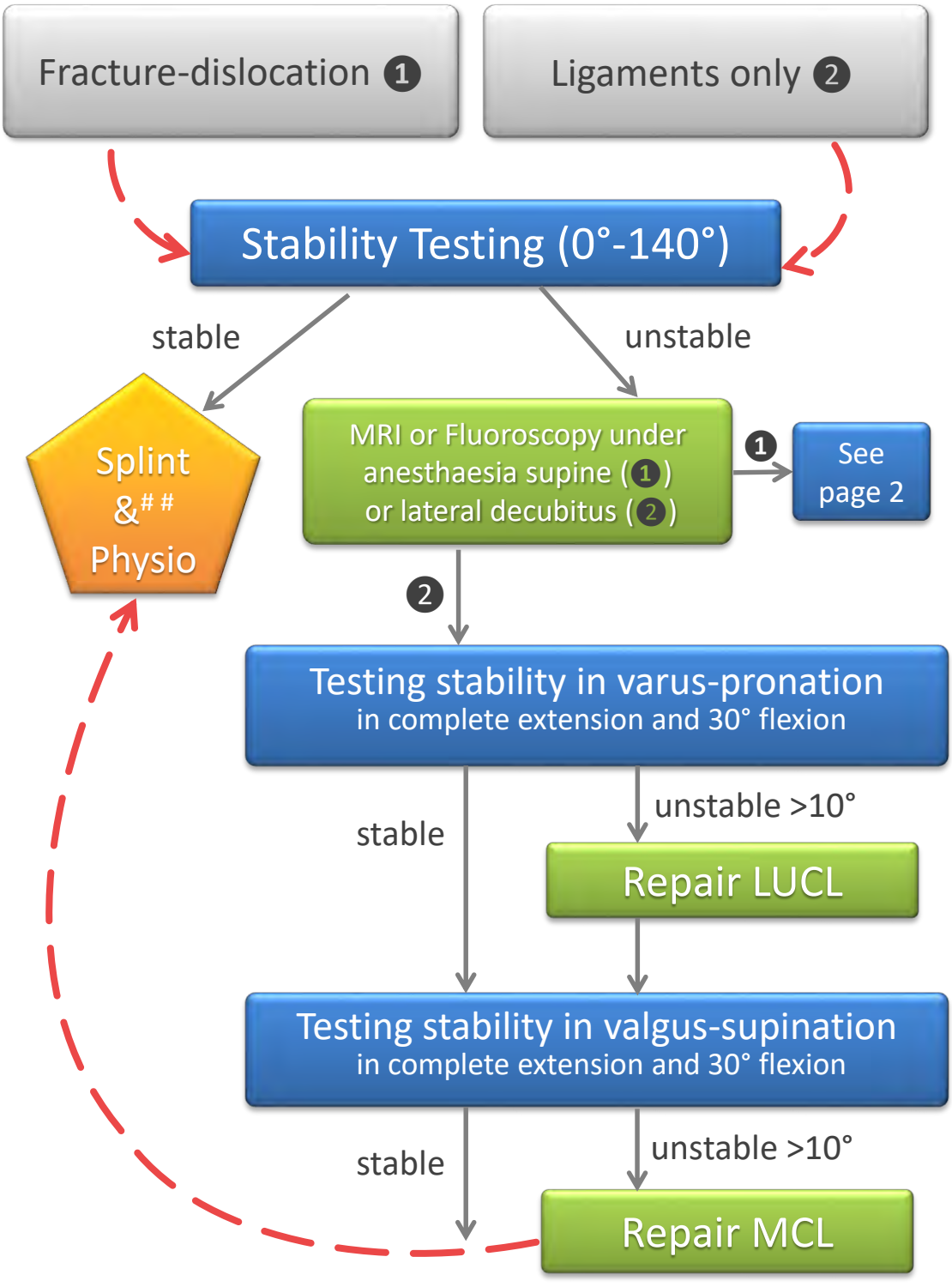
Elbow Dislocation
Treatment Algorithm



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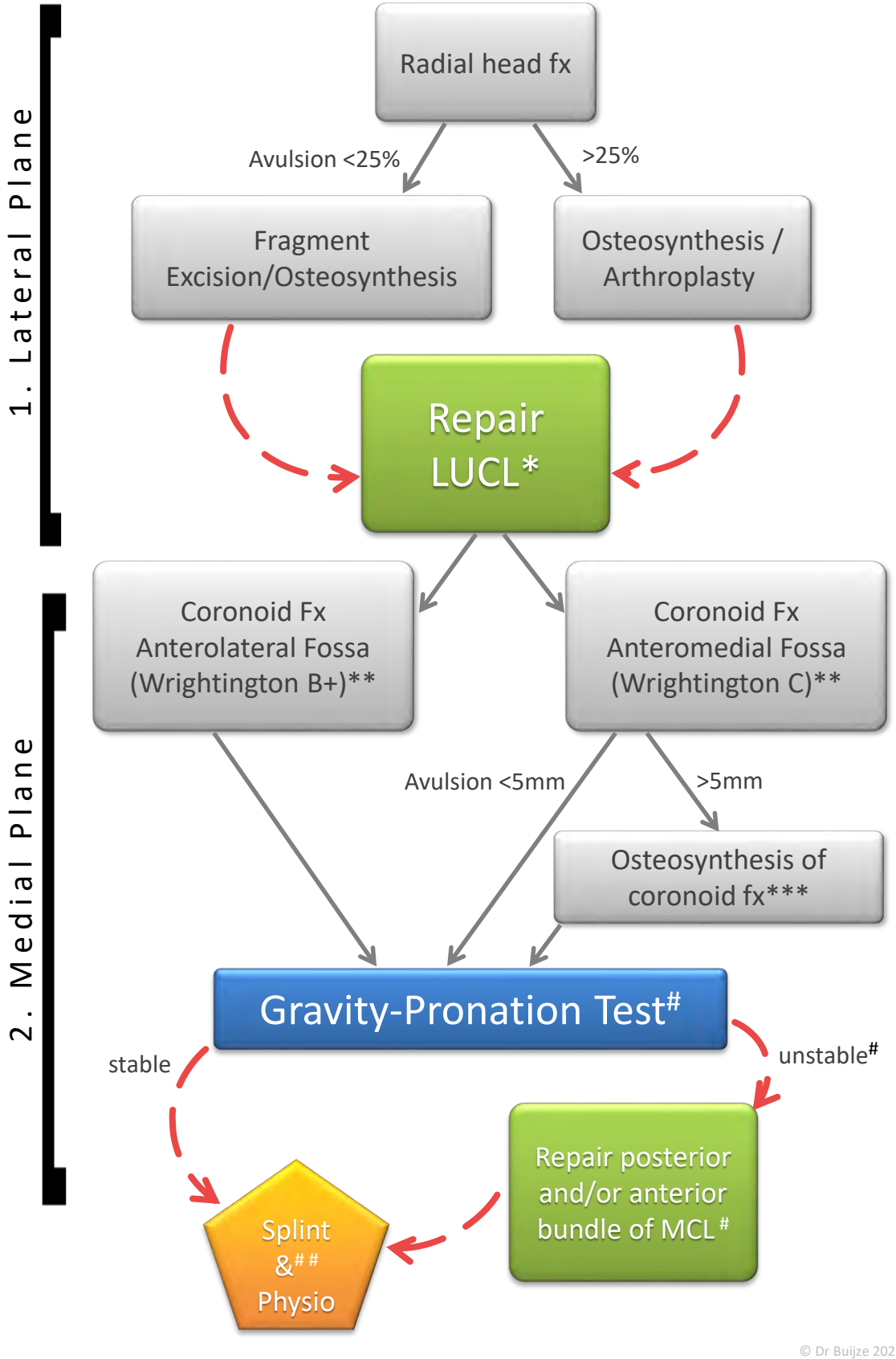
Fracture-Dislocation



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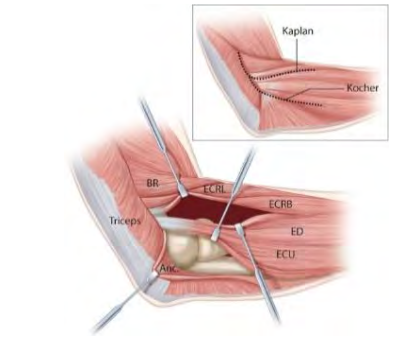
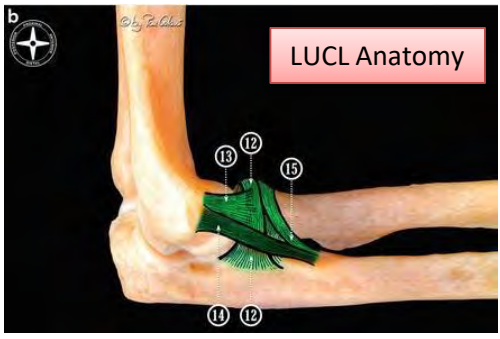
Treatment Guidelines

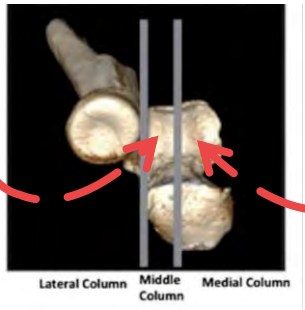
* LUCL Repair through Kocher approach



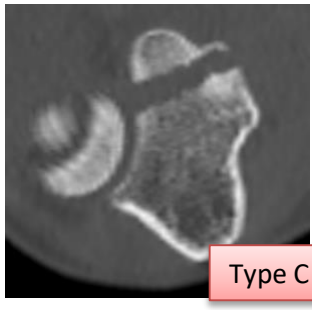


** Wrightington Classification

Type B+



Type C

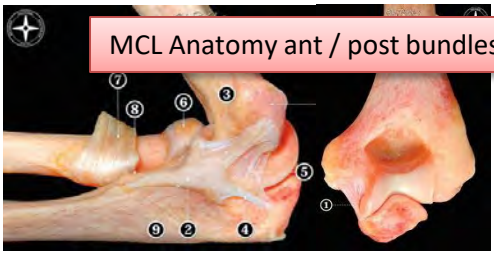


Type C example

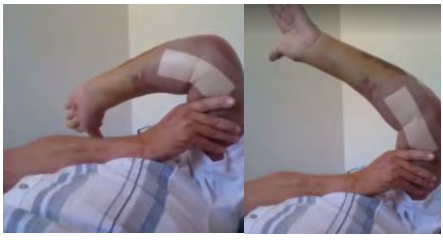
*** Coronoid osteosynthesis through Hotchkiss approach

- Coronoid buttress plate through Hotchkiss approach
- Anatomic placement of suture anchors

\# Gravity-Pronation Test + MCL repair if needed



\## Post-operative CT (Day-1) to verify reduction and start rehab



Post-op → Overhead exercices + physiotherapy
- D1-45: Active assisted overhead (=stable)
- D1-45: Dynamic elbow splint
- D45+: Active mobilisation & passive stretching
- Remove splint or use static progressive splinting to maintain gained extension

** Watts et al. Current concepts in elbow fracture dislocation. Shoulder&Elbow 2019

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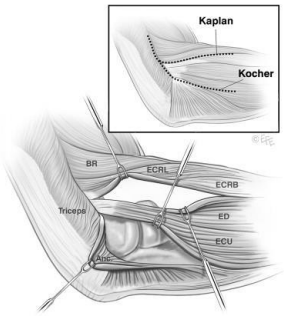
Top 3 Pitfalls

1. LUCL Repair (not the more anterior LRCL / common extensor origin)

⇨

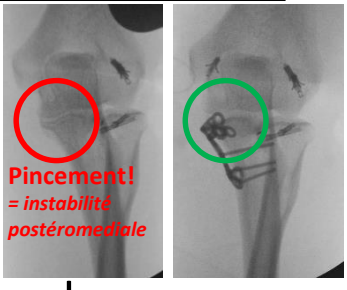
Kocher approach



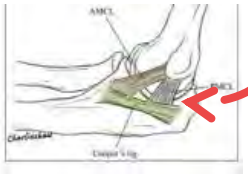
2. Repair anterior +/- posterior bundles of MCL (pMCL) if posteromedial instability in varus-pronation

⇨

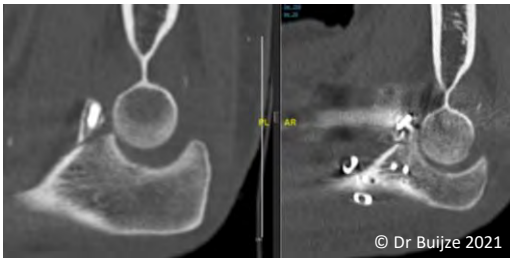
Gravity-Pronation Test



Transpose ulnar nerve for repairing pMCL



3. Coronoid congruency if anteromedial fragment

⇨

Hotchkiss approach
+/- buttress plate