

**Course Title:** Hand Therapy 143

**Course Subtitle:** Elbow Instability: Evaluation and Treatment

**Course Description:** Instability of the elbow joint is a subject of much discussion and can present a challenge in evaluation and treatment. In terms of nomenclature, **simple** elbow dislocations represent those dislocations with soft tissue but not bony injuries, whereas **complex** dislocations are those with concomitant bony injuries. In reality, many dislocations occur with subtle bony injuries, which may represent shear injury or avulsion fracture; some of these may portend a poorer prognosis whereas others may have no bearing on the treatment or prognosis of the injury. In this lesson, we consider important points in the evaluation and treatment of elbow instability.

**Course Source:** Hand Clinics

**Course Length:** 1 hour

**Course Authors:** Julie Adams, MD

**Course Instructor:** Joanne Brown, MS, OTR/L, CHT

**Target Audience:** OT/OTA's

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

At the end of the course, participants will be able to:

- Describe the anatomic components and primary stabilizers of the elbow
- Describe the mechanism of injury for elbow dislocations
- List and describe 3 treatment considerations for elbow dislocations in the acute setting
- Examine and describe “Terrible Triad” injuries and discuss how they occur
- Outline 3 mechanisms that contribute to chronic instability of the elbow due to ligamentous inefficiency

## **Outline of Content:**

### **Hour #1**

Introduction

Anatomic Considerations

    Mechanisms of Injury

Evaluation and Treatment Considerations in the Acute Setting

Fracture Dislocation of the Elbow

    The Terrible Triad

Varus Posterior Medial Rotary Instability

Chronic Instability due to Ligamentous Insufficiency

    Imaging Studies

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes downloadable course in PDF text-based format.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the top-navigation bar.

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