

**Course Title:** Hand Therapy 144

**Course Subtitle:** Elbow Fracture-Dislocations: Determining Treatment Strategies

**Course Description:** Elbow dislocations represent the second most common medium to large joint dislocation of the upper extremity after the glenohumeral joint. The incidence has been reported at 5.2 cases per 100,000 person-years. Roughly one-quarter of all elbow dislocations involve a fracture. These injuries can be debilitating for patients, and the sequelae may be fraught with complications, including recurrent instability, posttraumatic arthritis, contracture, and poor functional results. Although these can be difficult injuries to manage, there are workable algorithms for care. The goal of treatment of these injuries is to achieve stable fixation of the appropriate ligamentous and bony structures in order to achieve a stable, functional, and pain-free elbow. Early determination and appreciation of the magnitude and scope of injury generally leads to a more favorable result. This lesson reviews the relevant periarticular anatomy of the elbow and discusses appropriate evaluation and treatment of elbow fracture-dislocations. The 3 mechanism-based classifications of elbow fracture-dislocation are discussed individually because the treatment strategies differ between them.

**Course Source:** Hand Clinics

**Course Length:** 2 hours

**Course Authors:** Timothy J. Luchetti, MD, Emily E. Abbott, DO, Mark E. Baratz, 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:

- Outline and describe the three main patterns of elbow-fracture dislocation
- Describe 3 important components of a work-up for elbow-fracture dislocations seen in the emergency room
- Outline and describe 5 fixation techniques for elbow-fracture dislocation
- Recite 3 main principles related to aftercare and rehabilitation
- Examine various complications that occur following elbow-fracture dislocations

## **Outline of Content:**

### **Hour #1**

Introduction

Anatomy

Classification by Mechanism

    Valgus Posterolateral Rotatory Instability Pattern

    Varus Posteromedial Rotatory Instability Pattern

    Transolecranon (Axial Load) Pattern

Emergency Room Management

Work-Up and Definitive Treatment

    Transolecranon Work-up

    Posteromedial Rotatory Instability Work-up

### **Hour #2**

Fixation Strategies

    Radial Head Fractures

    Olecranon Fractures

    Coronoid Fractures

    Lateral Collateral Ligament Complex

    Medial Collateral Ligament Complex

Aftercare and Rehabilitation Principles

Complications

    Recurrent Instability

    Heterotopic Ossification

    Elbow Stiffness

    Post Traumatic Arthritis

## **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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