



Course Title: ~~Course Title:~~ Hand Therapy 145 - Elbow injuries and Treatment

Course Source: Clinics in Sports Medicine, July 2020

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

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/ Brown, MS, OTR/L, CHT

Learning Objectives:

Part I - Ulnar Collateral Ligament Evaluation and Diagnostics

- Describe the anatomy and biomechanics of the elbow joint
- Describe pertinent components of an evaluation for a suspected UCL injury
- Outline the specific steps and how to perform the milking test and the moving valgus stress test
- Explore techniques used for imaging the thrower's elbow
- List and describe differential diagnosis for the overhead throwing athlete including differential diagnosis for Ulnar collateral Ligament (UCL) injury, flexor-pronator injury, Valgus Extension Overload (VEO) / Posteromedial impingement , Olecranon stress fracture, Ulnar nerve pathology

Part II - Sprains, Strains, and Partial Tears of the Medial Ulnar Collateral Ligament of the Elbow

- Become familiar with examination and imaging techniques for athletes with medial sided elbow pain
- Describe conservative treatment techniques for sprains and partial tears of the medial ulnar collateral ligament (MUCL)
- List 2 indications and 2 contraindications for surgical repair of the MUCL
- Explore the surgical technique used to repair MUCL tears
- Outline the postoperative protocol for therapy following surgical repair
- List 3 potential complications following surgical intervention

Agenda:

Hour #1

Introduction

Anatomy and Biomechanics

History

Physical Examination

Inspection

Palpation

Range of Motion

Strength

Neurovascular

Special Provocative Maneuvers

Milking Test and Moving Valgus Stress Test

Imaging of the Throwing Elbow

Differential Diagnosis

Ulnar Collateral Ligament (UCL), Valgus Extension Overload (VEO)/Posteromedial Impingement, Olecranon Stress Fracture, Ulnar Nerve Pathology

Summary

Key Points

Hour #2

Introduction

Examination and Imaging

Nonoperative management

Sprains

Partial Tears

Indications and contraindications for surgical repair

Patient positioning in surgery

Surgical Technique

Postoperative protocol

Results

Potential Complications

Technical Pearls

Summary and Key Points

Course Completion Requirements:

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

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