

10 Humerus Diaphysis, Distal + Peri-prosthetic – adult

PRO TIPS

- If Dr Sarmiento, who reviewed 922 non-op treated humeral shaft fractures, presented with a distracted midshaft humerus fracture he would like it fixed. [[abstract](#)]

UK ISCP TRAUMA + ORTHOPAEDIC SYLLABUS

Knowledge

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications
Green text = Oxford Trauma Service suggestions

Topic	CORE	ST3-ST8	>ST8
Basic Science (Regional)			
Anatomy			
Anatomy of the elbow region and related structures	3	4	4
Surgical approaches to the elbow and arthroscopic access	2	4	4
Biomechanics & Biomaterials			
Biomechanics of the elbow	1	3	4
Investigations			
Radiological investigations to assess the elbow	3	4	4
Assessments			
History and examination of the elbow including special clinical tests	3	4	4
Management of humeral shaft fractures with radial nerve injury			
Treatments			
Operative			
Management of closed diaphyseal fractures	3	4	4
Management of closed peri-articular fractures	2	4	4
Ligamentous instability	1	3	4
Fixation of humeral shaft fractures			
Fixation of humeral distal metaphyseal fractures			
Management of peri-prosthetic fractures (Upper Extremity)			
Management of fractures around prostheses and implants	2	3	4
Amputation			
Non-operative			
Rehabilitation of the elbow	1	3	4
Orthoses	1	4	4
Distal humeral fractures	2	4	4

Technical

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Topic	CORE	ST3-ST8	>ST8
Fracture diaphysis humerus			
Fracture diaphysis humerus non-operative	1	4	4
Non-union ORIF +/- bone grafting	0	3	4
Fracture diaphyseal humerus application of external fixator	0	3	4
Fracture diaphyseal humerus non-union - ORIF +/- bone grafting	0	3	4
Fracture diaphysis humerus IM nailing	0	4	4
Fracture diaphysis humerus ORIF plating	0	4	4
Distal Humerus (intra articular)			
Capitellum ORIF	0	3	4
Intraarticular distal humerus fracture ORIF	0	4	4

Please find below, resources that cover the syllabus objectives.

OTA RESIDENT LECTURES – DISCUSSION SLIDES

[Humeral Shaft Fractures](#)

[Fractures of the Distal Humerus](#)

RECOMMENDED KNOWLEDGE REVIEW RESOURCES

ANATOMY + BIOMECHANICS

- Orthobullets – [Anatomy + Biomechanics of the Elbow](#)

HUMERAL DIAPHYSIS

- Rockwood + Green Chapter 36a: Humeral Shaft Fractures p1231-1291
- Orthobullets – [Humeral Shaft Fractures](#)
- Orthobullets – [Humeral Shaft Non-union](#)
- (Review paper) Name – Title with Hyperlink to PubMed, Journal XXXX [Abstract]
- (On-line video) Name – Title, Resource '4 figure year' (XX mins)

DISTAL HUMERUS

- Rockwood + Green Chapter 38a: Distal Humerus Fractures p1347-1413
- Orthobullets – [Distal Humerus Fractures](#)
- Orthobullets – [Capitellum Fractures](#)

UPPER LIMB PERIPROSTHETIC

- Rockwood + Green Chapter 37a: Periprosthetic Fractures of the Upper Extremity p1292-1346
- Orthobullets – [Shoulder Periprosthetic Fracture](#)

SCORING / CLASSIFICATION SYSTEMS

- [AO/OTA](#)

RECOMMENDED TECHNICAL REVIEW RESOURCES

ANATOMY

- Ilizarov Manual [[Full text](#)]

NON OPERATIVE

- [Functional bracing](#) VuMedi

HUMERAL DIAPHYSIS

- AO Surgery Reference – [Humeral Shaft](#)
- [Managing Complex Humeral Fractures](#) OTA Webinar
- [Plate vs Nail](#) VuMedi (9min)
- [Humeral Shaft Approaches](#) S+N Video
- [Anterolateral Approach](#) OTA Video
- [Posterior MIPO](#) OTA Video

DISTAL HUMERUS

- AO Surgery Reference – [Distal Humerus](#)
- [Fractures of the Distal Humerus](#) OTA Webinar
- [Distal Humerus](#) S+N Video
- [ORIF Distal Humerus](#) OTA Video
- [ORIF Distal Humerus #2](#) OTA Video
- [Olecranon Osteotomy](#) S+N Video

UPPER LIMB PERIPROSTHETIC

- [Humeral Periprosthetic Fracture Indications and Outcomes: Comparison of Non-Operative Treatment, ORIF and Revision](#) VuMedi (7.5 mins)
- [Periprosthetic ORIF](#) OTA Video

SMITH + NEPHEW IMPLANTS

- [EVOS small](#)

STRYKER IMPLANTS

- [Hoffman 3](#)
- [T2 Humeral Nail](#)

DEPUY SYNTHES IMPLANTS

- [VA Distal Humerus](#)
- [LCP Extra-articular Humeral Plate](#)

- [Expert Humeral Nail](#)

ABSTRACTS + FULL TEXT PAPERS

GENERAL

Humeral Diaphysis

- Sarmiento – [Functional bracing for the treatment of fractures of the humeral diaphysis](#), J Bone Joint Surg Am, 2000 Apr;82(4):478-86
- Updegrave – [Humeral Shaft Fractures](#), J Shoulder Elbow Surg 2018

Distal Humerus

- Zalavras – [Intra-articular fractures of the distal humerus](#), Int Orth 2018