

# 14 Elbow + Proximal Forearm – adult

## PRO TIPS

- Early ROM
- Early ROM
- Early ROM

NB - NOT distal humerus fractures, this area is covered in Chapter 13

## 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
<b>Anatomy</b>			
Anatomy of the elbow region and related structures	3	4	4
Surgical approaches to the elbow (and proximal forearm)	2	4	4
<b>Biomechanics &amp; Biomaterials</b>			
Biomechanics of the elbow	1	3	4
<b>Investigations</b>			
Radiological investigations to assess the elbow	3	4	4
<b>Assessments</b>			
History and examination of the elbow including special clinical tests	3	4	4
<b>Treatments</b>			
<b>Operative</b>			
Management of closed peri-articular fractures	2	4	4
Ligamentous instability	1	3	4
Amputation	2	4	4
<b>Non-operative</b>			
Rehabilitation of the elbow	1	3	4
Orthoses	1	4	4
Proximal ulnar fractures	2	4	4
Proximal radial injuries	2	4	4
Radius and ulnar shaft fractures	2	4	4

### Technical

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Topic	CORE	ST3-ST8	>ST8
<b>Elbow</b>			
Application of spanning external fixator	0	3	4
Capitellum ORIF	0	3	4
<b>Coronoid fractures</b>			
Coronoid fracture ORIF	0	3	4
<b>Dislocated elbow +/- fracture:</b>			
Dislocated elbow +/- fracture closed reduction	0	4	4
Dislocated elbow +/- fracture open reduction +/- fixation	0	3	4
Irrigation and debridement native joint for infection – _elbow	0	4	4
Olecranon fracture ORIF	0	4	4
<b>Radial head / neck fracture</b>			
Radial head / neck fracture ORIF	0	3	4
Radial head excision	0	4	4
Radial head replacement for fracture	0	3	4
<b>Tendon repairs</b>			
Repair of distal biceps tendon rupture	0	2	4

Please find below, resources that cover the syllabus objectives.

## DISCUSSION SLIDES

OTA Resident Lectures – [Traumatic Elbow Instability](#)

OTA Resident Lectures – [Olecranon + Radial Head Fractures](#)

## RECOMMENDED KNOWLEDGE REVIEW RESOURCES

### ELBOW DISLOCATION + TERRIBLE TRIAD INJURIES

- Rockwood + Green Chapter 39a: Elbow Dislocations and Terrible Triad Injuries p1414-1468
- Orthobullets – [Elbow Terrible Triad](#)
- Orthobullets – [Elbow Dislocation](#)
- Orthobullets – [Medial Ulnar Collateral Injury](#)
- Orthobullets – [Lateral Ulnar Collateral Injury \(PLRI\)](#)

### FRACTURES OF THE PROXIMAL FOREARM

- Rockwood + Green Chapter 40a: Fractures of the Proximal Forearm: Olecranon, Proximal Radius, and Radial Head p1469-1497
- Orthobullets – [Radial Head Fractures](#)
- Orthobullets – [Olecranon Fractures](#)
- Orthobullets – [Monteggia Fractures](#)
- Orthobullets – [Medial Ulnar Collateral Injury](#)
- Orthobullets – [Lateral Ulnar Collateral Injury \(PLRI\)](#)
- Orthobullets – [Olecranon Stress Fracture](#)
- JBJS Clinical Summary – [Olecranon Fractures](#)
- JBJS Clinical Summary – [Radial Head Fractures](#)
- Agarwal – [Elbow / Proximal Forearm Fractures](#) – S+N (23mins)

### BICEPS + TRICEPS TENDON RUPTURE

- Orthobullets – [Distal Biceps Rupture](#)
- Orthobullets – [Triceps Rupture](#)
- Steinmann - [Distal Biceps Repair](#) – VuMedi (10mins)

### COMPLICATIONS

- Orthobullets – [Elbow Stiffness + Contracture](#)
- [Staying out of trouble: Radial Nerve](#) – VuMedi
- [Sequelae of Radial Head Fractures](#) - VuMedi

### SCORING / CLASSIFICATION SYSTEMS

- [AO/OTA](#)

## RECOMMENDED TECHNICAL REVIEW RESOURCES

### SURGICAL APPROACHES

- Steinmann – [Elbow Fracture Exposure](#), VuMedi (8mins)

### ELBOW DISLOCATIONS

- OTA Resident Lectures – [Surgical Approaches for Terrible Triad](#)
- Agarwal – [Surgical Approach: Terrible Triad](#) – S+N (3mins)
- Morrey – [Elbow Trauma: Coronoid Fixation: When and How to Fix](#), VuMedi 2016

### PROXIMAL FOREARM

- AO Surgery Reference – [Proximal Forearm](#)
- Geissler – [ORIF Radial Neck Fracture](#), VuMedi (4 mins)
- Ramsey – [Fractures of the Ulna](#), VuMedi (23mins)

### BICEPS TENDON REPAIR

- King – [Single Incision Biceps Tendon Repair](#) – VuMedi 2010 (16 mins)
- Steinmann – [2 Incision Biceps tendon Repair](#) – VuMedi 2011 (8 mins)

### SMITH + NEPHEW

- [Trauma Education](#)
- [Trauma Products + Guides](#)

### STRYKER

- [Surgeon Education](#)

- [Trauma Products + Guides](#)

#### **DEPUY SYNTHES**

- [Educational Material](#)
- [Trauma Products + Guides](#)

#### **GUIDES + PROTOCOLS**

#### **ABSTRACTS + FULL TEXT PAPERS**