Clinical Orthopaedic Rehabilitation | Elbow Injuries

COURSE DESCRIPTION

This program is a practical, clinical guide that provides guidance on the evaluation, differential diagnosis, treatment and rehabilitation of patients with orthopaedic problems. The focus of this volume is on Elbow Injuries.

In an easy to use format, it covers all orthopaedic conditions and procedures from initial examination through the postoperative or post-injury period, including arthroplasty, fractures, and sports injuries. Each chapter is written jointly by an orthopaedic surgeon and a physical therapist.

LEARNING OBJECTIVES

Elbow Injuries | Module 1

Pediatric Elbow Injuries in the Throwing Athlete: Emphasis on Prevention
- Describe the various injuries occurring at the elbow in the pediatric age group
- Describe prevention strategies for elbow injuries in the pediatric age group with respect to pitch type and count (baseball)

Medial Collateral Ligament and Ulnar Nerve Injury at the Elbow
- Understand the anatomy and biomechanics of the MCL
- Describe the MOI and clinical findings
- Discuss the surgical intervention for the MCL including technique, rehabilitation techniques and protocol
- Discuss non-operative care and rehabilitation following MCL injury including the goals of treatment

Treating Flexion Contracture (Loss of Extension) in Throwing Athletes
- Describe the etiology, prevalence in throwing athletes, treatment options, and return-to-play criteria

Elbow Injuries | Module 2

Post-Traumatic Elbow Stiffness
- Describe the various classifications of post-traumatic elbow stiffness including extrinsic and intrinsic causes
- Describe the classifications of heterotopic ossification of the upper extremity
- Discuss the etiology and clinical findings including radiographic evidence
- Detail the rehabilitation protocol for both surgical and non-surgical treatment

Treatment and Rehabilitation of Elbow Dislocations
- Discuss the considerations when developing a rehabilitation program
- Describe the anatomy and biomechanics of the elbow, MOI, clinical findings and radiographic evidence
- Describe the classifications of elbow dislocations including both posterior and complex
- Detail the outcome risks of each classification
- Understand the operative techniques used to reduce an elbow dislocation including the complications that can occur following the injury and surgical intervention
- Rehabilitation concerns for simple and complex dislocations of the elbow
• Know what to expect following injury and surgical reduction of elbow dislocation

Elbow Injuries | Module 3

Lateral and Medial Humeral Epicondylitis
• Discuss the epidemiology and etiology of lateral and medial epicondylitis
• Know the relevant clinical findings and anatomic adaptations seen in athletes and how these present to the clinician
• Detail the special tests used to diagnosis lateral and medial humeral epicondylitis
• Discuss the differences in treatment protocols for tendinitis versus tendinosis
• Understand eccentric training programs and their place in the rehabilitation schedule
• Understand the design of exercise programs and when they should be incorporated into a rehabilitation schedule
• Design and functional rehabilitation exercise program for a throwing athlete from post-injury to return-to-play

Elbow Arthroplasty
• Identify the indications for surgical intervention
• Describe the contraindications for surgical intervention