

Contents

Preface

vii

1. Non-traumatic Conditions of the Elbow 1

Soft tissue problems of the elbow	1
Tennis elbow	1
Lateral tennis elbow	2
Epidemiology	3
Pathophysiology and related symptoms	8
Signs and symptoms	9
Radiograph for tennis elbow	10
Caution	13
Elbow heat retainer/support	13
Role of exercises	14
Stretching exercises for tennis elbow	14
Tennis elbow exercises to strengthen elbow	15
The treatment protocol	19
First phase	19
Rest	19
Compress	21
Elevate	21
Second phase	21
Stretching	22
Surgical management	23
Golfer's elbow	24
Relevant anatomy	25
Methods of treatment	27
Drugs	28
Injection therapy	28
Surgery	29
Prognosis	29
Olecranon Bursitis (student's elbow)	29
Investigations	31
Treatment	32

2. Traumatic Conditions of the Elbow 34

Injuries around the elbow	34
Supracondylar fracture of the humerus	35
Modified Gartland's classification	40

Classification in adults	40
Cubitus varus (Gunstock elbow)	56
Flexion type of supracondylar fracture	60
Posterior dislocation of elbow joint	62
Unreduced dislocation of the elbow	69
Clinical features	69
Treatment methods	69
Other important complications	69
Radial head fracture	69
Mason's classification	70
Investigation	70
Complications	71
Fracture of the olecranon	72
Excision of the proximal fragments	75
Complications	75
Coronoid fractures	76
Classification of Regan and Morrey	76
Monteggia's fracture	78
Classification (Bado type)	78
Monteggia's equivalents	80
Radiographs	80
Treatment	82
Complications	83
<i>Index</i>	85