

Stiff Elbow Workshop

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and

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Clinical Case 1





Clinical Case 2

- 45 yr Female RHD
- PMH :
 - Depression- MAOI.
- Cardiac Arrest ☐
 - Dense R Spastic Hemiplegia
 - 3/12: Painful, Stiff left Elbow



3 months

- Painful L elbow
- Warm
- Stiff
 - ROM: 10-90Degrees



4 months

- Less pain
- Less movement
 - ROM: 10-40 degrees



10 months

- No pain
- No passive flexion
- Rotation : . s:30° p: 40°



12 months



Post op: CPM



Clinical Case 3

42 yr male

RN Subaqua Diver

RTA Ped vs Lorry

Right elbow

Open injury

Isolated injury





Initial treatment :

- Washout
- Debridement
- Removal of loose contaminated fragments
- Wound left open
- Referred for definitive treatment



Secondary Treatment :

Early mobilisation , CPM

Prophylactic Bone Graft - 4weeks

Bone union at 4m



Functional Level:

- No Pain
- Return to sporting activities (Triathlon)
- Unable to reach SCUBA cylinder valve

