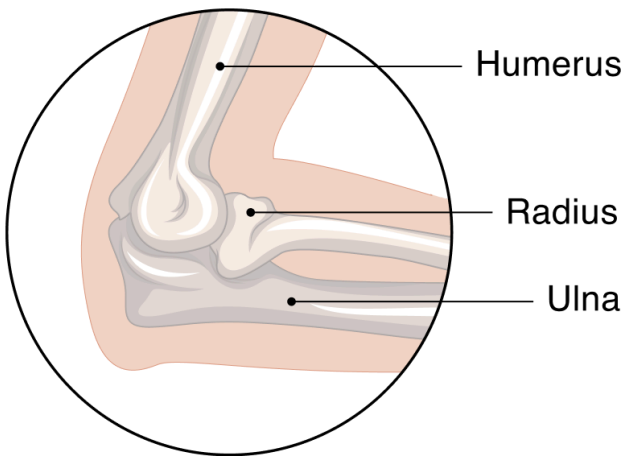


Elbow Dislocation

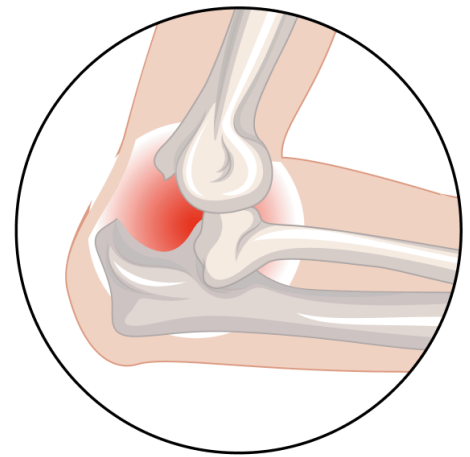
Treatment Guidelines Handout

This handout contains important information and instructions to help you understand your injury and navigate the treatment process effectively.

What is an elbow dislocation?



Normal



Dislocated

"Elbow Dislocation Illustration." Freepik, www.freepik.com/free-vector/elbow-dislocation-illustration_206757561.htm#. Accessed 5 June 2024.

An elbow dislocation occurs when the bones of the forearm (radius and ulna) move out of their normal alignment with the upper arm bone (humerus). This can happen due to a fall on an outstretched arm, direct trauma, or other significant impact to the elbow joint.

Treatment options

Joint reduction

The primary treatment goal is to realign the dislocated elbow joint, known as joint reduction. This may be achieved through manual manipulation under sedation or anesthesia in a controlled medical setting.

Immobilization

Following joint reduction, the elbow is typically immobilized to allow for healing. This may involve using a splint, brace, or sling to stabilize the joint and prevent further injury. The immobilization duration depends on the dislocation's severity and any associated injuries, as determined by a healthcare professional.

Rehabilitation

Rehabilitation is crucial in restoring the affected elbow joint's strength, flexibility, and range of motion. Physical therapy exercises and techniques are often prescribed to gradually strengthen the muscles surrounding the elbow and improve joint mobility.

Surgical intervention (for complex dislocations)

In cases of complex elbow dislocations or those associated with significant fractures or ligament injuries, surgical intervention may be necessary. Surgery aims to repair fractured bones, reconstruct damaged ligaments, or address other structural abnormalities to restore stability and function to the elbow joint.

Rehabilitation exercises

Your physical therapist will guide you through specific exercises tailored to your individual needs and recovery goals. These exercises may include:

1. Range of motion exercises
 2. Strengthening exercises for the muscles surrounding the elbow
 3. Flexibility exercises to improve joint mobility
 4. Functional activities to restore normal elbow function
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Pain management

You may experience discomfort or pain during the recovery process. Pain management strategies may include:

1. Using ice packs or cold therapy to reduce swelling and pain
 2. Taking over-the-counter pain medications as directed by your healthcare provider
 3. Following prescribed pain management protocols for post-surgical recovery, if applicable
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Additional information

References

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