F, 23 Y, professional dancer
# of capitellum,
open reduction internal fixation
1 y ago
• Flexion 120
• Extension -45
• Full rotations

Options for conservative treatment?
Work up?
Do the screws impair motion?
ROM under anaesthesia
Surgical treatment of posttraumatic stiffness of the elbow
2-year outcome in 21 patients after a column procedure

Udo Gundlach¹ and Denisa Eygendaal²

Interpretation: A column procedure results in an increase in motion and functional scores at 2-year follow-up. Outcome at 3 months after treatment is the same as after 2 years.

Arthroscopic arthrolysis for posttraumatic elbow stiffness

Irma Čefo, MD*, Denise Eygendaal, MD, PhD

Department of Orthopaedic Surgery, Upper-Limb Unit, Amphia Hospital, Breda, The Netherlands

Discussion: Historical data underscore the fact that arthroscopic release of posttraumatic elbow contracture is technically demanding but can effective improve the elbow arc of motion.

Conclusion: Arthroscopic capsular release of the elbow is a safe and reliable treatment for patients with a posttraumatic elbow contracture.
Lateral; How?

- Forearm placed in extreme pronation
- Supinator
- Posterior interosseous nerve
- Superficial branch of the radial nerve

- Triceps
- Brachioradialis muscle
- Radial nerve
- ECRL
- Anconeus muscle
- ECRB
- ECU
- EDC
- Superficial branch of radial nerve
- Forearm pronated
Avascular supracondylar ridge the "column"
Brachioradialis

ECRL

Posterior interval
Fexion 140, extension 0
After- treatment

- CPM 2 h after surgery: 12 H/24 H
- Plexus catheter 3 days
- Hospital stay 3-5 d
- Additional static splinting at night if flexion is OK