

Introduction to Clinical Skills

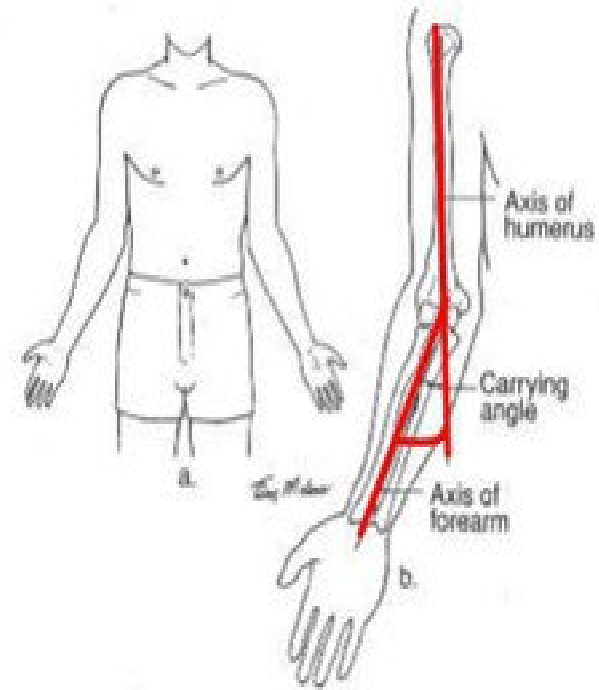
Practical – Elbow Osteology and ROM

Recap

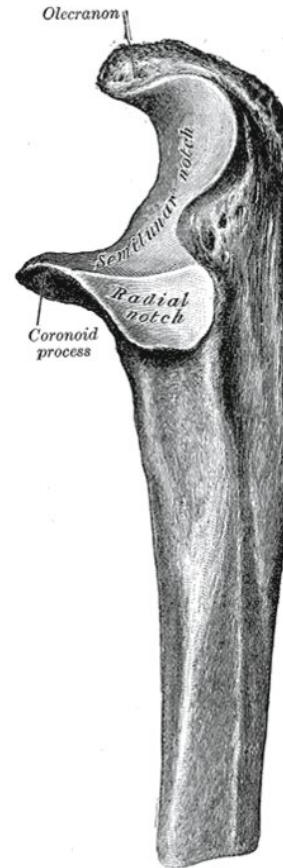
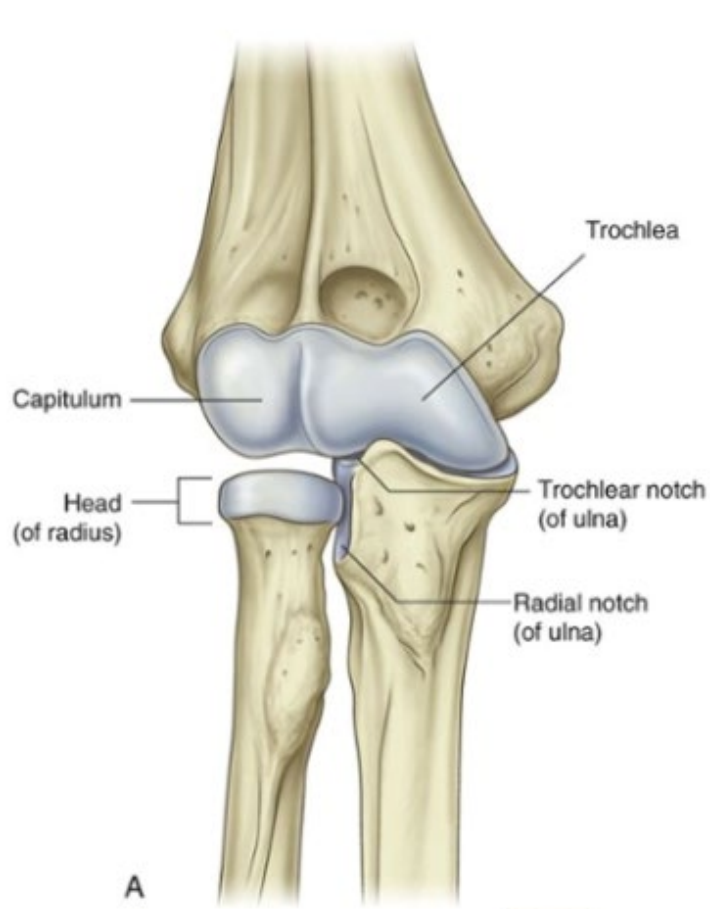
- Shoulder MMTs
 - Trapezius (Upper)
 - Trapezius (Mid and lower)
 - Rhomboid
 - Serratus Anterior
 - Pec Major
 - Sternal
 - Clavicular
 - Lat Dorsi
 - Supraspinatus
 - Subscapularis
 - Infraspinatus
 - Teres minor
 - Deltoid
 - Long Head of Biceps
 - Long Head of Triceps

Observations

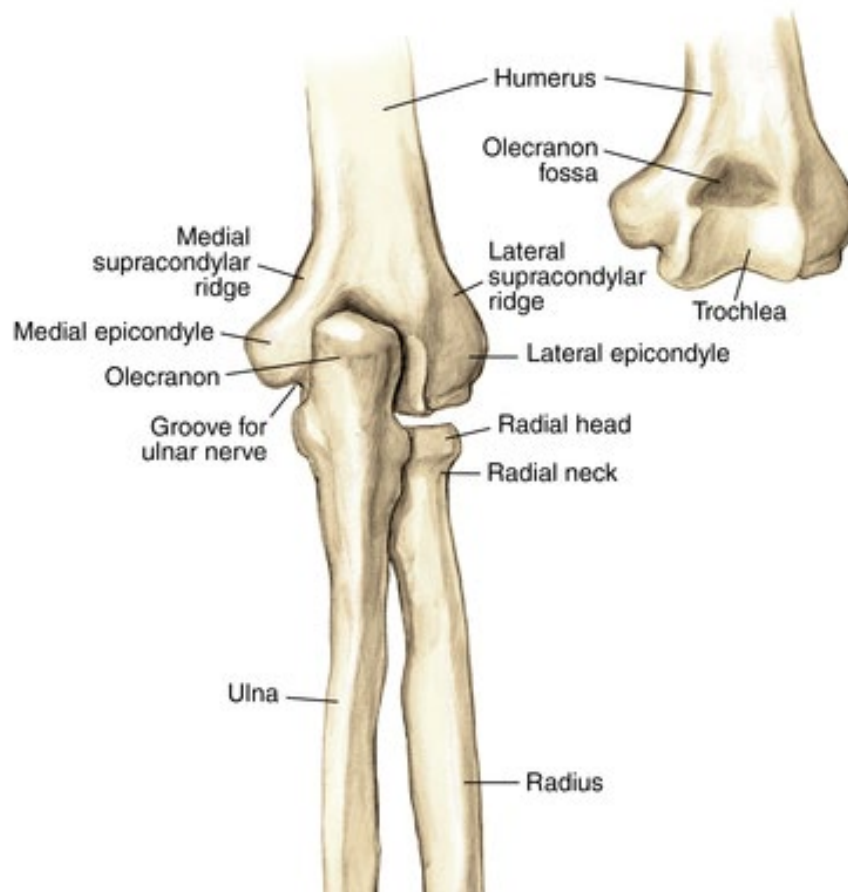
- General postural observations
- Note shoulder posture as per shoulder E&A
- Note the Carrying Angle (Cubitus Valgus)
- Normally between $5-15^{\circ}$
- Greater in dominant limb
- Gender based differences?



Elbow Joint (anterior)



Elbow Joint (posterior)

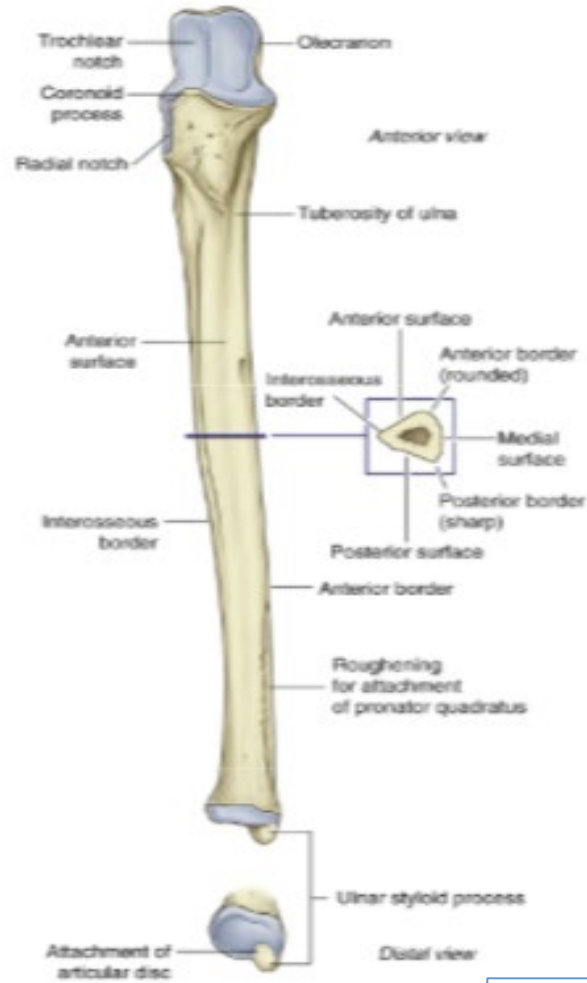


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Radius

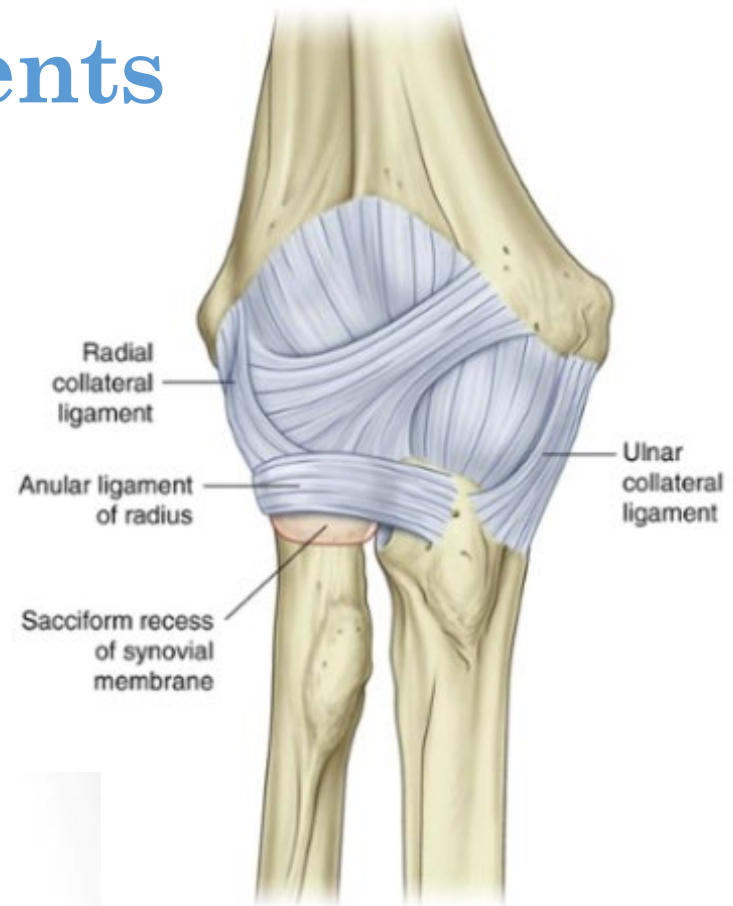


Ulna



Collateral Ligaments - Lateral (Radial)

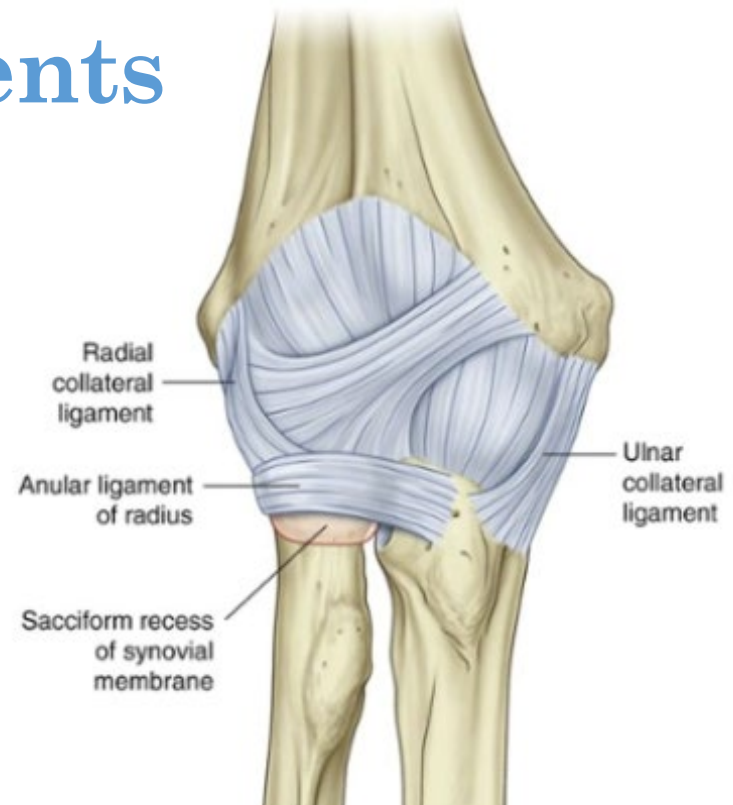
- Cone/triangular shaped ligament
- O: Lateral epicondyle of Humerus to
- I: Annular ligament and attaches to anterior and posterior margins of the radial notch



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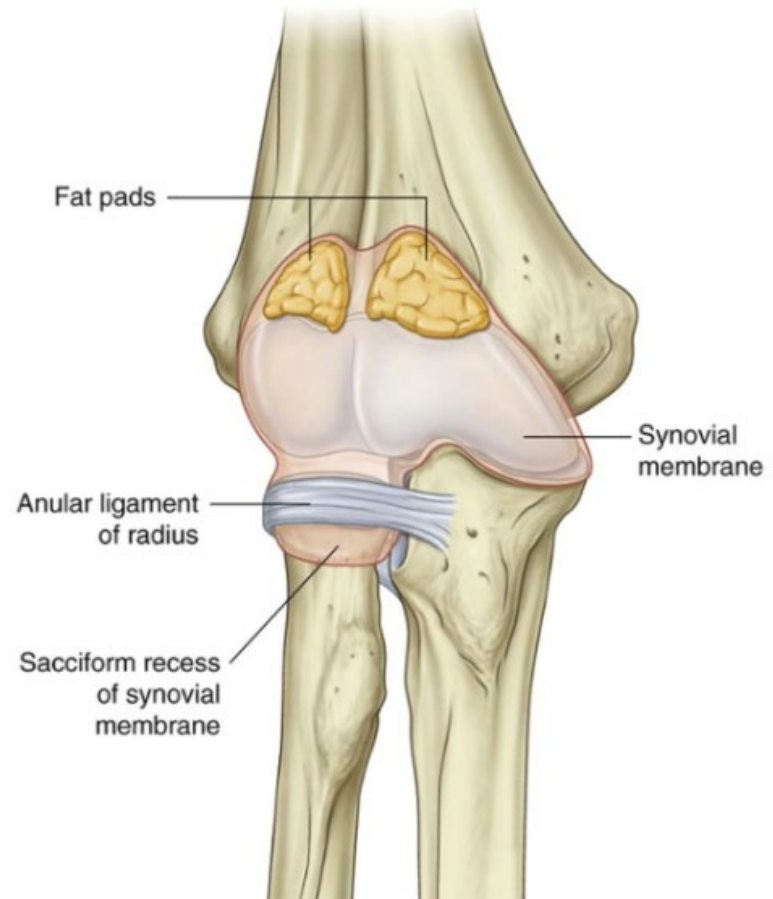
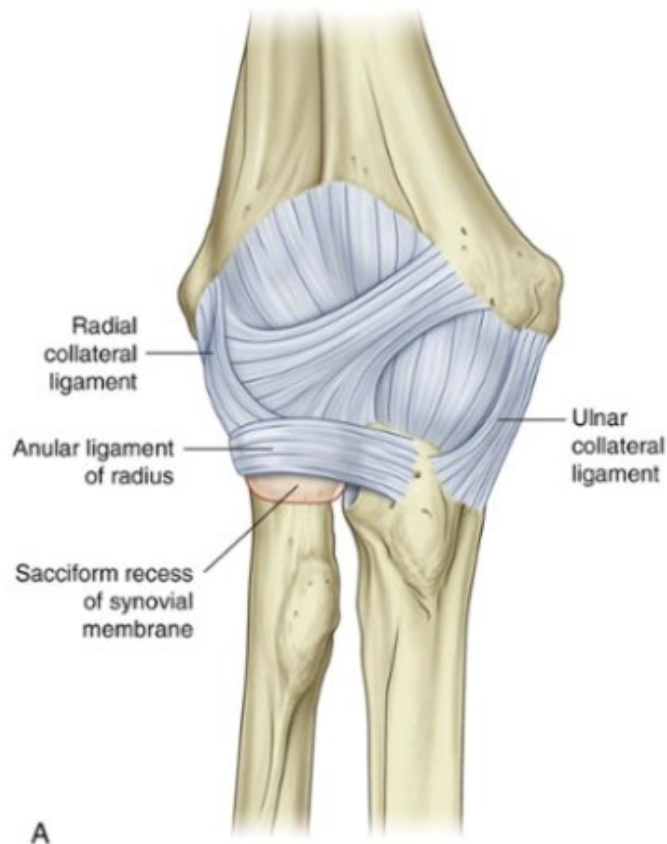
Collateral Ligaments - Medial (Ulna)

- O: Medial epicondyle of humerus
- I:
 - Medial edge of coronoid process (anterior band)
 - Medial edge of olecranon process (posterior band)
 - Intermediate portion
 - Thick transverse band



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Anterior Capsule & Other Structures



- Thin
- Easily Overstretched

AROM

- Flexion in mid prone (145-160°)
- Extension (0°)
- Pronation at 90° flexion (90°)
- Supination at 90° flexion (80-85°)
- Uninjured first the both together
- Note
 - Range
 - Compensatory rotations
 - Pain

PROM

- Flexion in mid prone (145-160°)
 - Flexion has a soft, springy end feel
 - Extension (0°)
 - Extension has a firm end feel
 - Pronation at 90° flexion (90°)
 - Springy
 - Supination at 90° flexion (80-85°)
 - Springy
 - 5 to 10° greater than active motion
- PROM through full range
 - Note quality of movement
 - Clicking, locking, grinding
 - Pain
 - Resistance
 - End feel

RRROM

- Flexion
 - Extension
 - Supination at 90
 - Pronation at 90
- RROM at EOR
 - Note quality of movement
 - Clicking, locking, grinding
 - Pain
 - Resistance