

SHSS5062

ELBOW E&A

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Transforming Education; Transforming Lives



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Observation and Quick Touch

- General postural observations
- Important to note shoulder posture
- Elbow: Carrying angle
 - 5-10° males
 - 10-15° females



Range Of Movement

AROM

- Flexion in pronation (140-150°)
- Flexion in mid-prone
- Flexion in supination
- Extension (0-15° hyperextension)
- Pronation (90°)
- Supination (90°)

PROM

- Passive over pressure: Note pain, end feel.

RROM

- Can the joint protect itself at EOR? Note weakness, pain

Manual Muscle Tests

- Put the muscle in to its movement and apply resistance in the opposite direction.
- Note taking:
 - Weakness?
 - P+ free?
- Biceps Brachii
- Brachialis
- Brachoradialis
- Pronator Teres
- Supinator
- Triceps Brachii

Ligament Stress Tests

Ulnar (medial) collateral ligament

Origin

- Medial epicondyle

Insertion

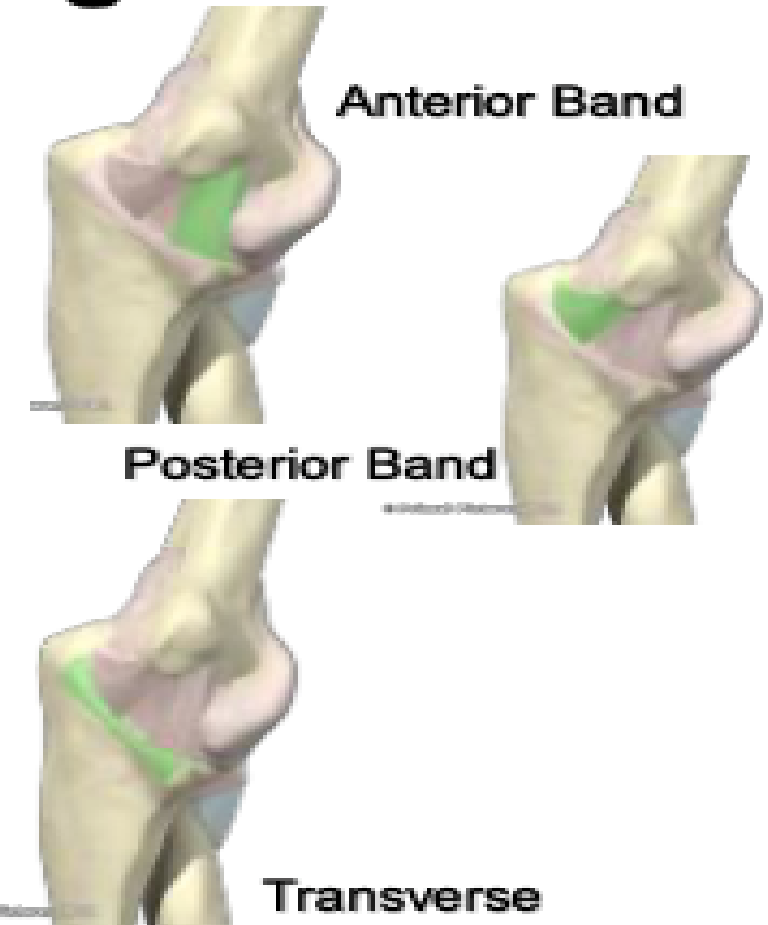
- Ant' band: Medial to ulna coronoid process.
- Post' band: Medial aspect of olecranon
- Int' band = Transverse band:
 - Olecranon - Coronoid

Action

- Resists valgus stress

Test

- Valgus stress 20 ° flexion in supination



Ligament Stress Tests

Radial (lateral) collateral ligament

Origin

- Lateral epicondyle deep to CEO

Insertion

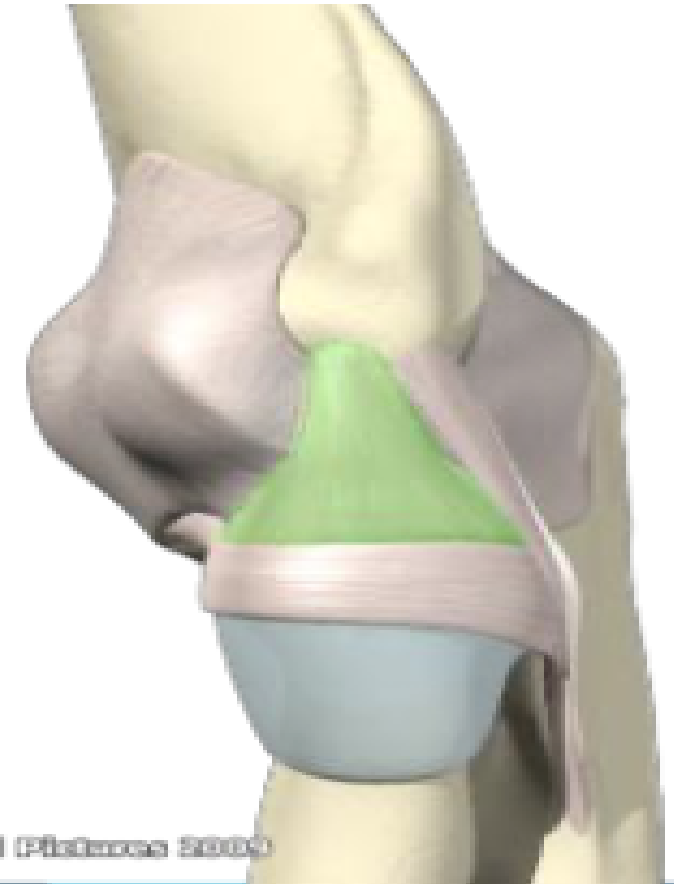
- Annular ligament

Action

- Resists varus stresses

Test

- Varus stress 20° flexion in supination



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Joints Above and Below

Shoulder

- Flexion
- Extension
- Abduction
- Horizontal adduction
- MR
- LR

Wrist

- Flexion
- Extension
- Radial deviation
- Ulna deviation

Special Tests

Extensor Tendinopathy

- Cozen's
- Mill's
- Maudley's

Flexor Tendinopathy

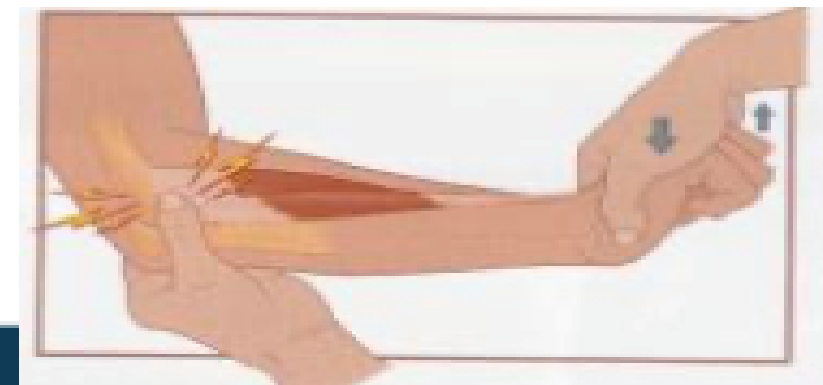
- Golfer's elbow test

Special Tests

Extensor Tendinopathy

Cozen's

- Resisted wrist extension/radial deviation
- Elbow flexed to 90° and pronated with hand in fist
- Wrist extension and radial deviation
- Therapist palpates common extensor tendon origin (CETO) and applies force in to wrist flexion and ulnar deviation
- +ve: Pain over CETO



Special Tests

Extensor Tendinopathy

Mill's Test

- Passive stretch
- Therapist palpates CETO
- Therapist passively moves athlete in to full wrist flexion and passively extends elbow.
- +ve: Pain over CETO

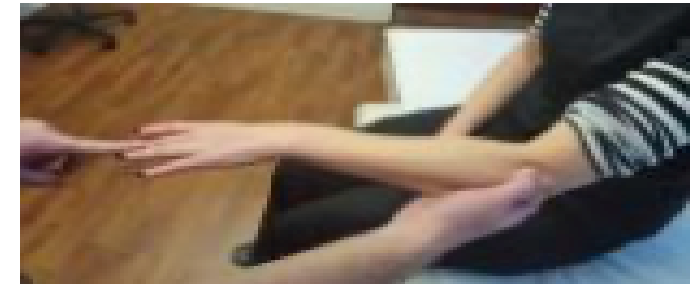


Special Tests

Extensor Tendinopathy

Maudsley's

- Athlete sits with forearm on plinth (hand off plinth)
- Elbow flexed and arm pronated
- Resist flexion of 3rd finger



Emu

- As above (change of position to full elbow flexion)
- +ve: Pain over CETO

Special Tests

Flexor Tendinopathy/Golfers elbow

Golfer's Elbow Test

- Passive Stretch
- Palpate common flexor tendon origin (CFTO)
- Passively supinate and extend elbow, extend wrist.
- +ve: Pain over CFTO