

Don't Let Elbow Arthritic Conditions "Unhinge" You: Therapy Approach

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Shout Out

Journal of Hand Therapy

Special Issue

July/September 2022

Upper Extremity Arthritis

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Three Types of Arthritis Seen in the Elbow

- **Rheumatoid Arthritis**
 - Inflammatory/Systemic
 - Pain through the range
- **Post Traumatic OA**
 - History of traumatic injury to the elbow/articular cartilage
- **Idiopathic or primary OA**
 - Heavy laborers, athletes
 - Pain seen at end arcs of motion
 - Clicking/locking caused by loose bodies

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Non-Operative Management

- **Minimal indications for on-going therapy visits**
 - Patient Education
 - Activity Modification
 - Joint Protection
 - AROM
 - Symptom Management
 - Support

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Operative Management

- **Often, less is more**
 - Total Elbow Replacement
 - Respect thin friable skin
 - Protect the triceps if released from the ulna intraoperatively (6-8 weeks)
 - Orthoses rarely indicated but occasionally to address specific issues
 - Long term respect for mechanics of the prosthesis (abduction)
 - Interposition arthroplasty
 - Risk for instability
 - Protect graft
 - Arthroscopy: debridement/synovectomy
 - Occasional need for orthoses to address long-standing ROM deficits
 - Fusion

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A few Tidbits

Slings made out of a knit material

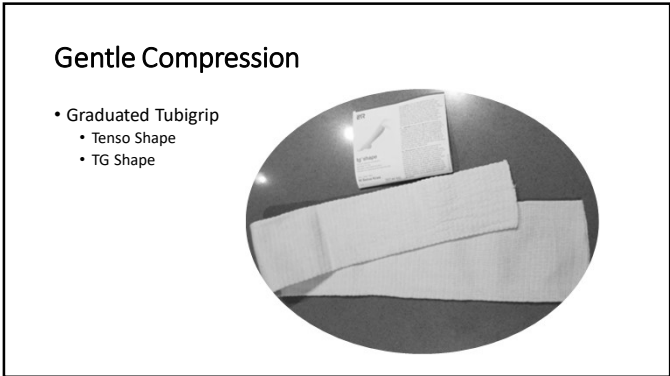


Joslin Ultimate Arm Sling

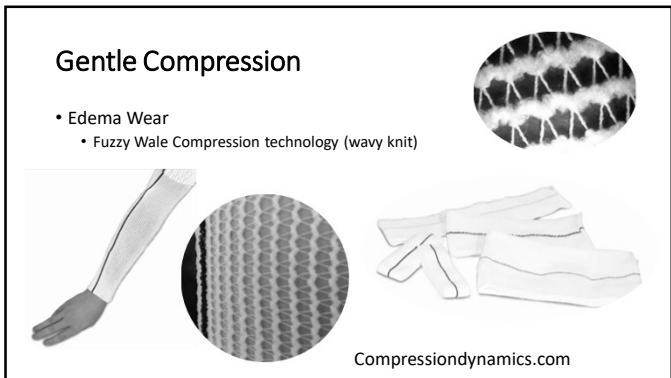
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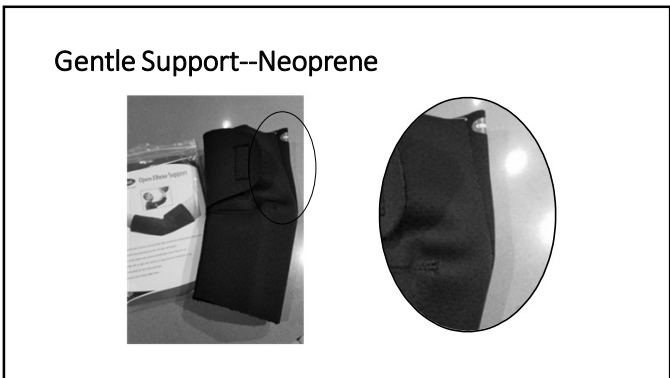
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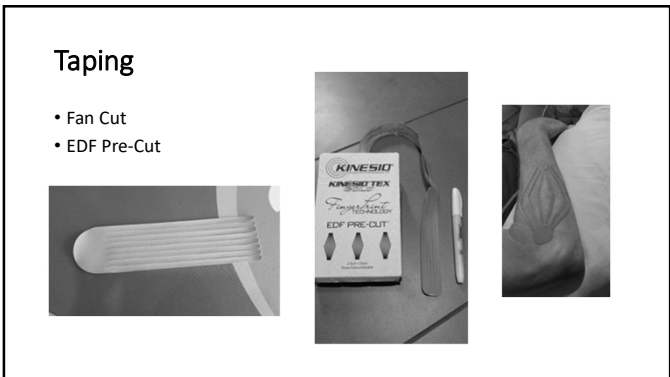
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