

Exam Works



# Common Elbow Disorders

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# Matthew D. Saltzman, MD

Grew up in NW suburbs of Chicago

University of Wisconsin-Madison

Loyola University Medical School

Northwestern University Orthopaedic  
Residency

University of Washington Shoulder/Elbow  
Fellowship

Board Certified American Board of Orthopaedic  
Surgery (ABOS) 2011



# Chicago Cubs

## Orthopaedic Consultant

- Game Coverage
- Spring Training
- Coordination of Treatment
- Conduit to Trainers and GM

→ Unique perspective to treatment of orthopaedic conditions

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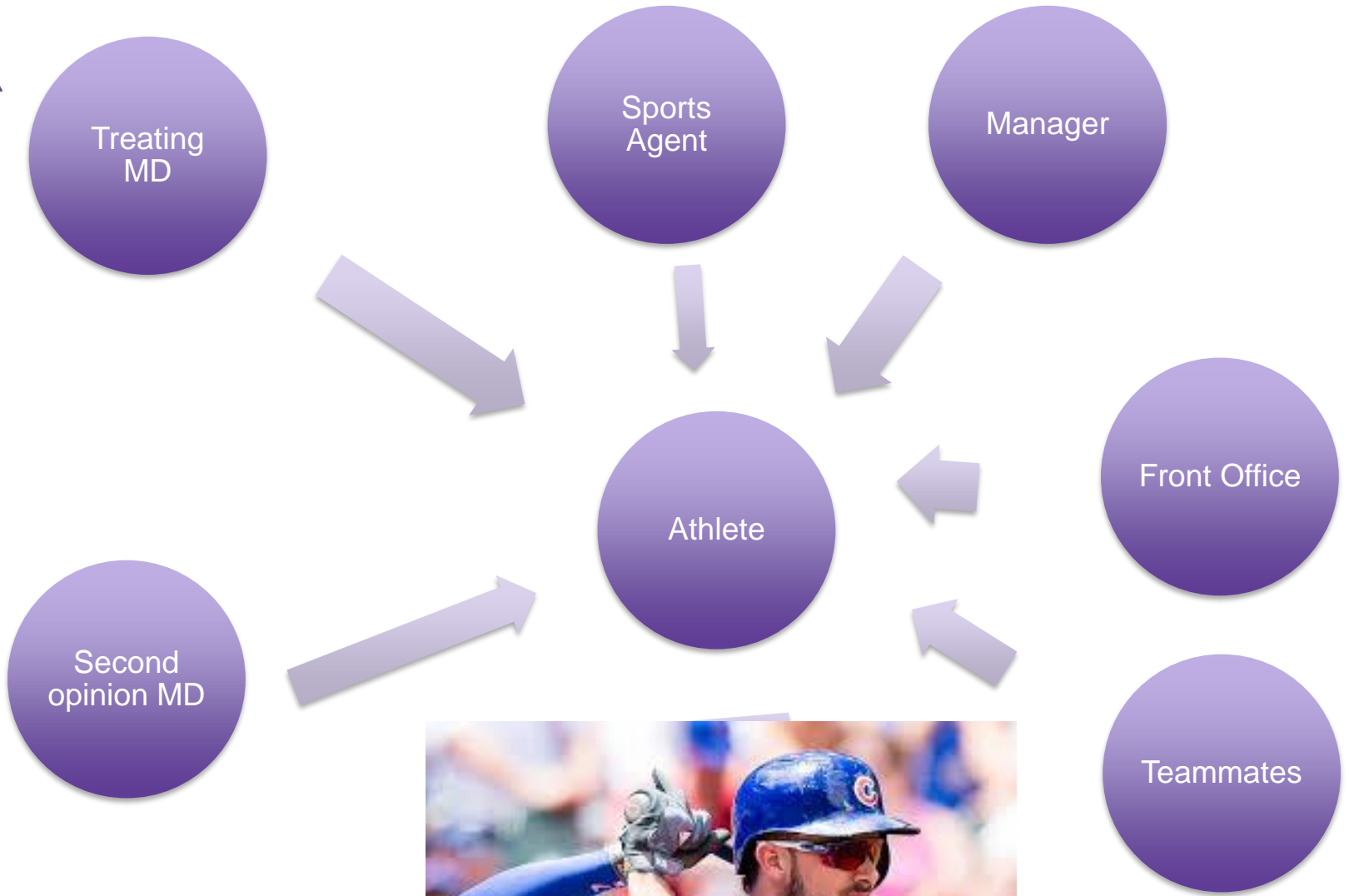
2016



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Case Manager

Adjustor

Work Supervisor

Attorney

WC Claimant

Treating MD

IME MD



# Common Elbow Conditions

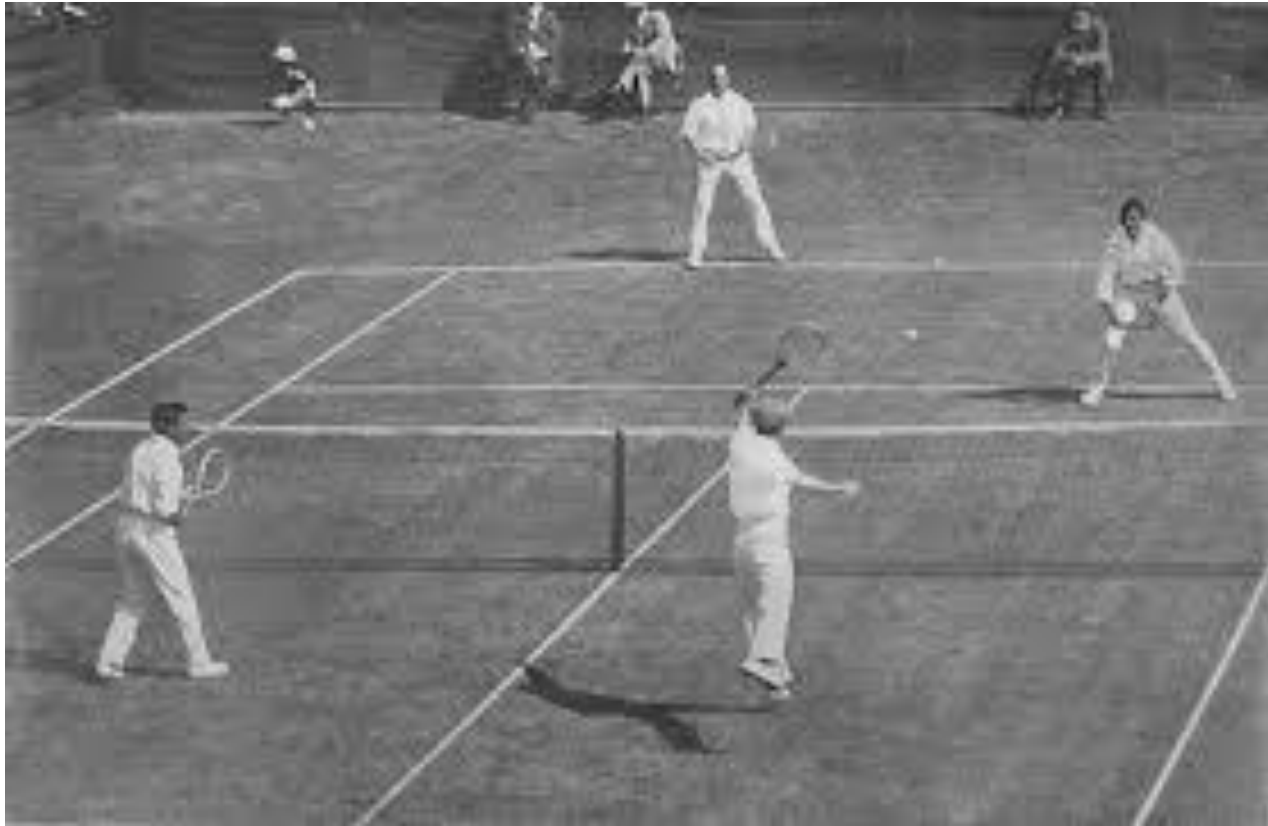
- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Distal Biceps Tear
- Elbow Fracture
- Elbow Dislocation
- Elbow Arthritis





# Lateral Epicondylitis

1873: “lawn tennis arm”



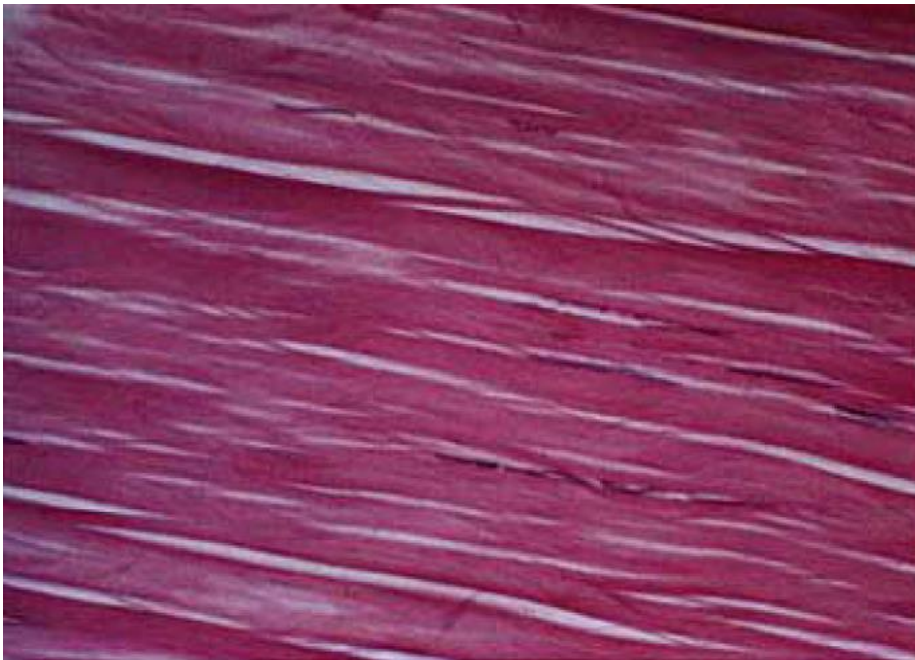


# Physical Examination

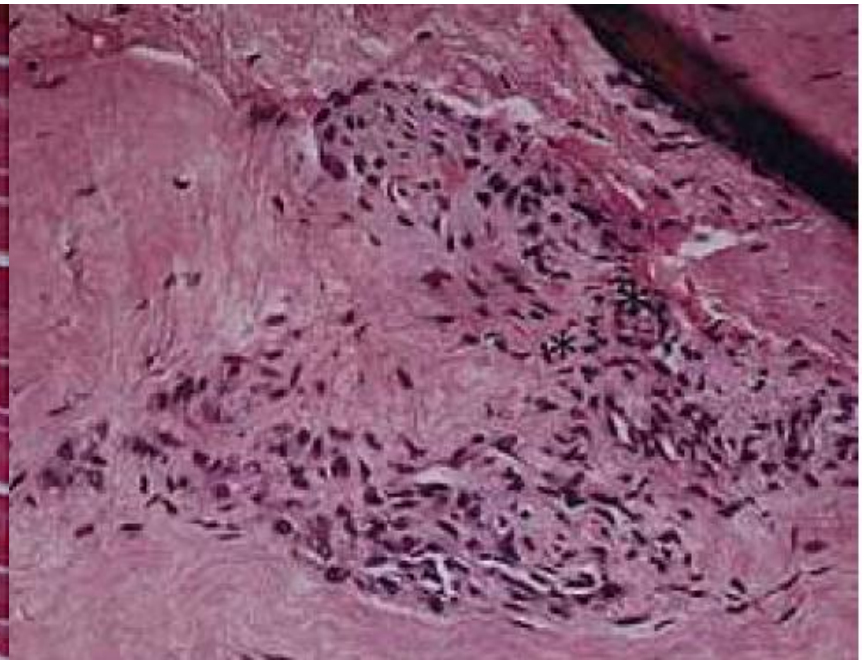
- Tenderness to Palpation just distal to lateral epicondyle
- Pain with resisted wrist extension



# Histologic Changes in Tendon



Normal Tendon



Angiofibroblastic Hyperplasia

JBJS 1999

# Non-surgical treatment

- Rest
- NSAIDs
- Counter-Force Strap
- Cock-up wrist splint
- Physical Therapy



# Cortisone

- Early improvement (5 days-6 weeks)
- Late same or worse (12 wks-12 months)
- Skin atrophy, depigmentation



# Positive Effect of an Autologous Platelet Concentrate in Lateral Epicondylitis in a Double-Blind Randomized Controlled Trial

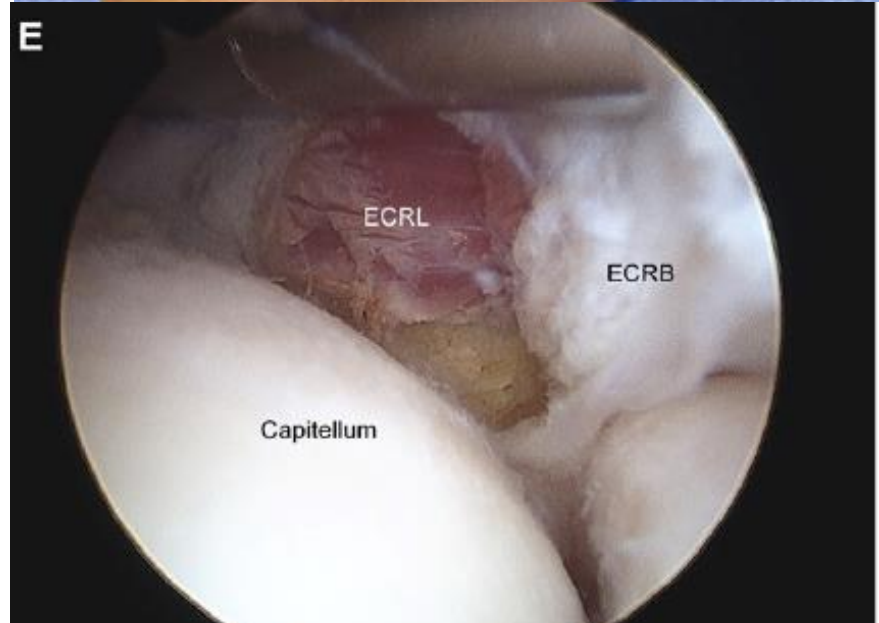
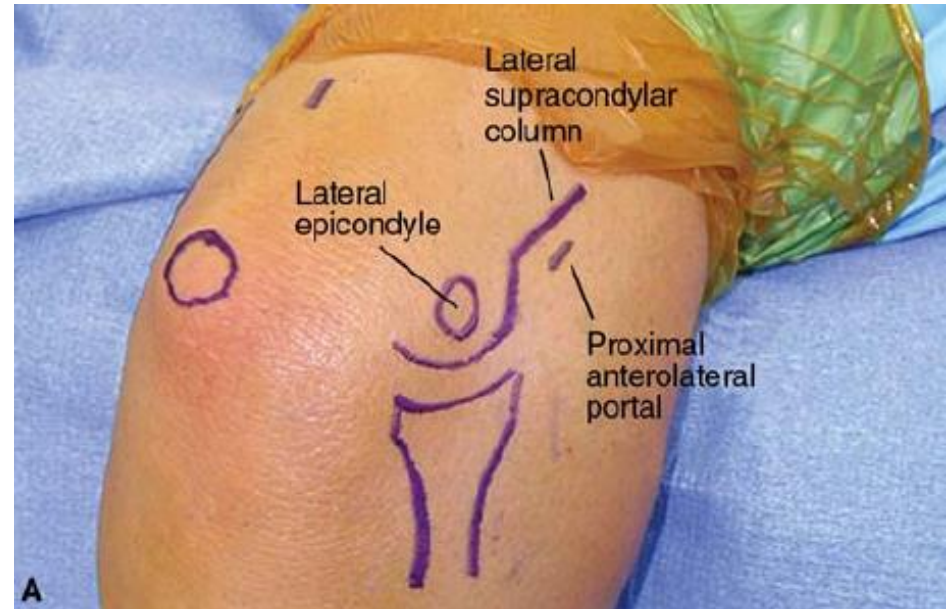
## Platelet-Rich Plasma Versus Corticosteroid Injection With a 1-Year Follow-up

Joost C. Peerbooms,<sup>\*</sup> MD, Jordi Sluimer,<sup>†</sup> MD, Daniël J. Bruijn,<sup>\*</sup> PhD, and Taco Gosens,<sup>†‡</sup> PhD  
*From the <sup>\*</sup>Department of Orthopaedic Surgery, HAGA Hospital, The Hague, Netherlands, and <sup>†</sup>Department of Orthopaedic Surgery, St Elisabeth Hospital, Tilburg, Netherlands*

- PRP ( n = 51) or corticosteroid (n = 49)
- VAS scores: 49% improved in CSI vs. 73% in PRP group at 1 year ( p < 0.001)
- CSI better initially, then declined
- PRP group progressively improved

# Surgery

- Open or Arthroscopic





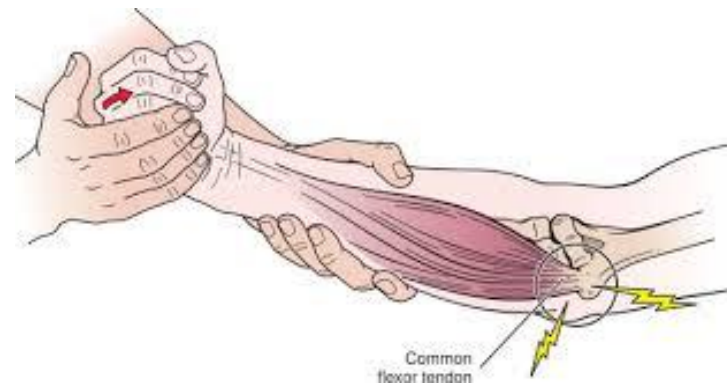
# Audience Question

What treatment is most frequently successful at resolving lateral epicondylitis?

1. Cortisone injection
2. PRP Injection
3. Physical Therapy
4. Arthroscopic surgery
5. Open surgery

# Medial Epicondylitis

- Less common
- >90% respond to non-operative treatment



# Distal Biceps Tear

- Lifting heavy object
- Eccentric contraction
- “Pop” and subsequent bruising
- Arm “looks funny” → reverse popeye deformity
- Weakness (supination > flexion)



# Distal Biceps Tear

- Hook Test (O'Driscoll)



A



B



C



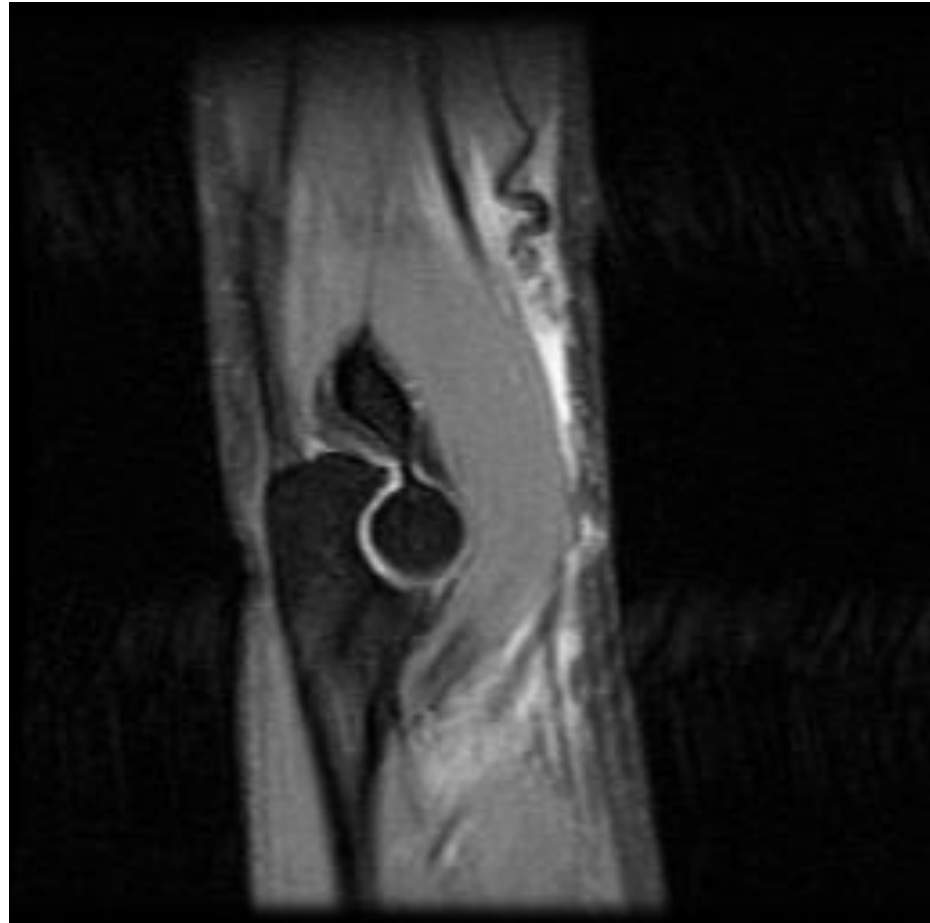
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E

# Distal Biceps Tear

- MRI

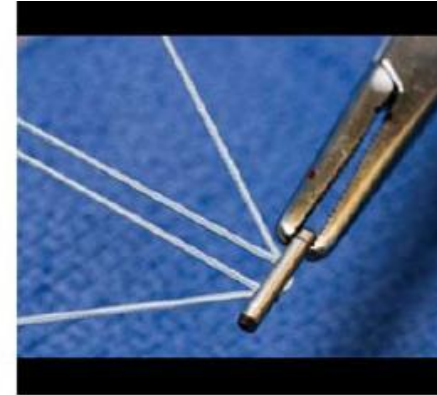


# Distal Biceps Tear

- Repair
- Tension Slide (Sethi)



A



B

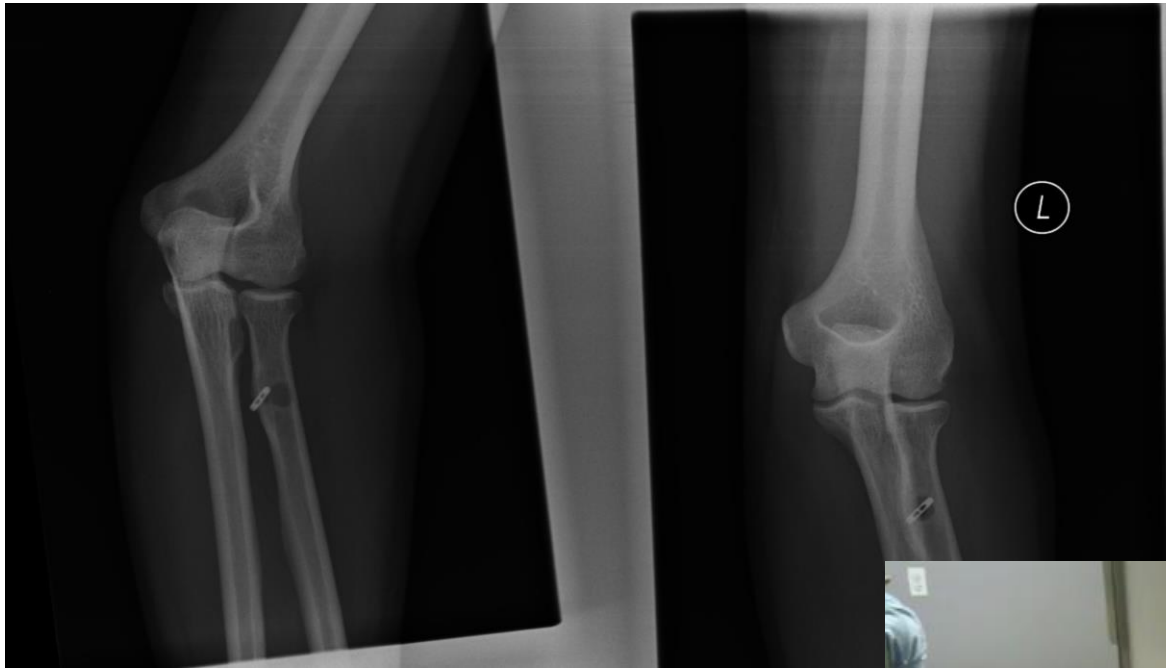


C



D

# Distal Biceps Tear



# Audience Question

What is the most common mechanism causing distal biceps rupture?

1. Muscle fatigue
2. Bench press exercise
3. Previous surgery
4. Eccentric contraction
5. Fall on outstretched hand



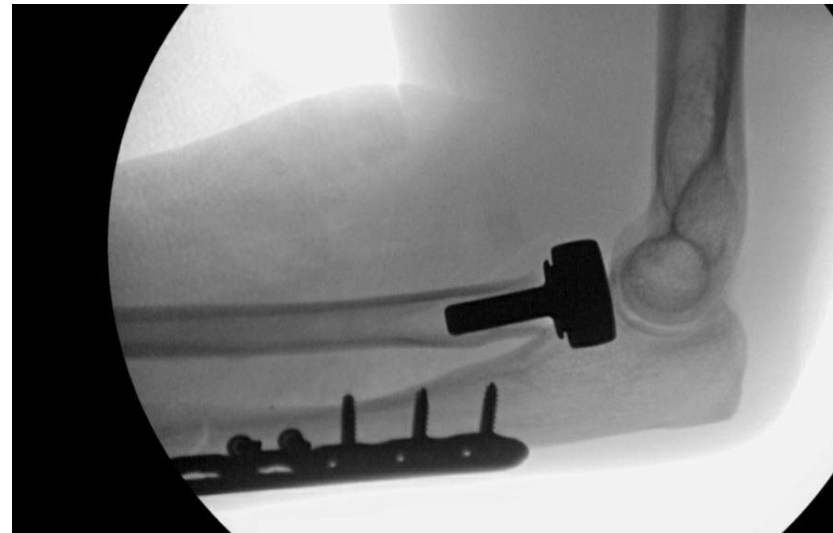
# Elbow Fracture



# Elbow Fracture



# Elbow Fracture



# Elbow Dislocation

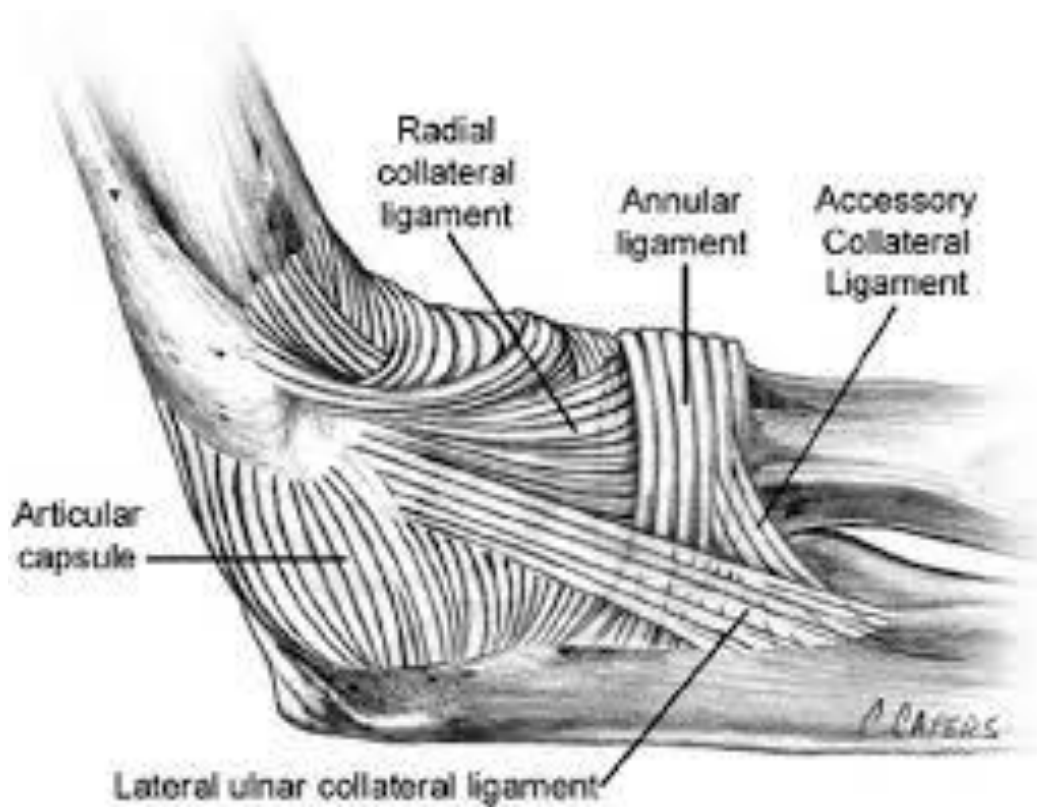


# Elbow Dislocation

I

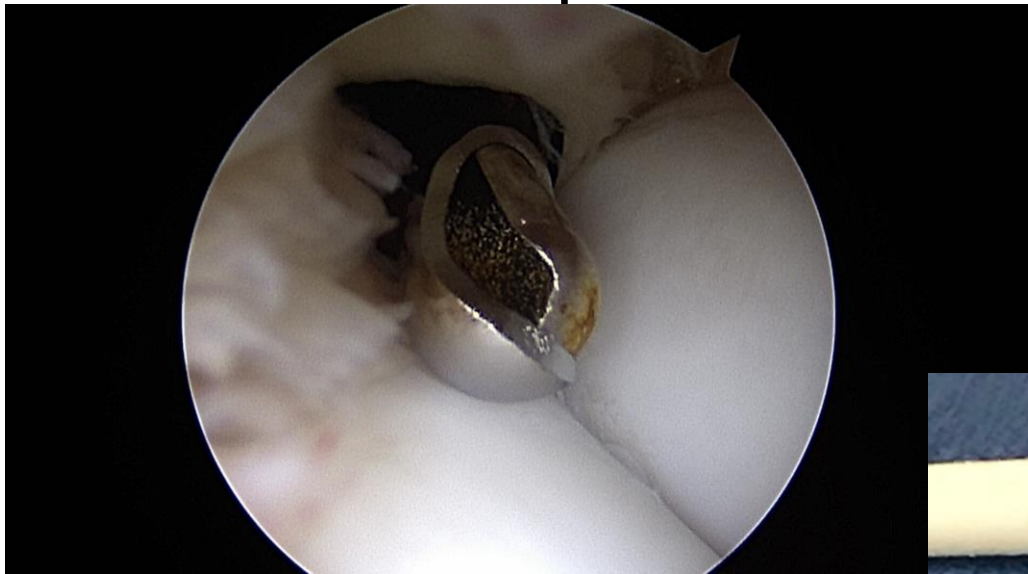
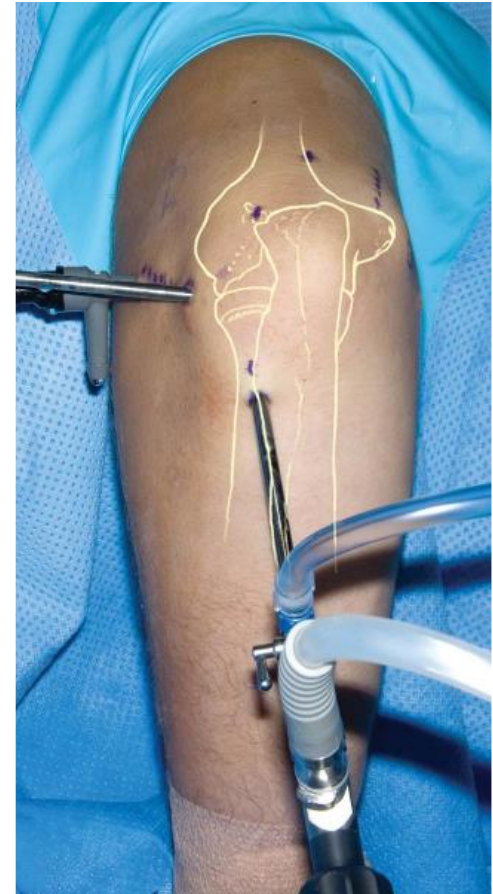


# Elbow Dislocation



# Elbow Arthritis

- Not as common as other joints
- NSAIDs, ice, heat
- Cortisone
- Arthroscopic debridement



# Elbow Arthritis

- Total Elbow Arthroplasty
- Lifetime 5 lb lifting restriction





# Audience Question

Who is the best candidate for total elbow arthroplasty?

1. 70 y/o retired female with rheumatoid arthritis
2. 30 y/o male soft ball coach
3. 50 y/o male mechanic
4. 60 y/o with displaced olecranon fracture
5. 80 y/o with severe congestive heart failure and persistent elbow clicking

# What is MMI?

- Known natural history:
  - Elbow strain (< 3 months)
  - Elbow fracture (4-6 months)
  - Elbow tendon repair ( 3-4 months)
- Shoulder strain (<3 months)
- Rotator cuff tear non-op (3 months)
- Rotator cuff tear surgery (6 months)
- Revision rotator cuff surgery (12 months)
- Labrum repair surgery (4 months)
- Shoulder replacement surgery (1 year)

Ok, let's do an elbow exam!





Thank You

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