

ELBOW JT

Scar Swell \leftarrow JT
 I Musc wast
 Olecranon bursitis / Rheu nodules

Effus^o \rightarrow fill out - hollow above olecranon \rightarrow swell - radio-hum jt
 Synovitis - limited - atrophy (early 75)

Carry angle cubitus valgus }
 " " }
 " " }
 (M) \rightarrow 11^o
 " " }
 (F) 13^o
 Old supracondylar X

P Equilateral \triangle

Tenderness - Tennis elbow (lat epicondyle) - common ext origin
 Golfers " (med ") - " flexor "
 Olecranon bursitis

Btw radial head & humerus (supinate + pronate) \rightarrow OA / osteochondritis dissecans
 Both sides - biceps tendon ? loose bodies
 Head - radius - X myositis ossificans

Ulnar Nr

Move

Extens^o 0^o \downarrow - OA
 ddx
 Flex

Flex^o 145^o (touch bicep) \downarrow - X & arthritis

\star Supinat^o/Pronat^o - SCREENING (Must bend to 90^o to exclude shoulder)
 Supinat^o 80^o (hold pencil)
 Pronat^o 75^o

Special

Tennis elbow Flex + Pronat \rightarrow Extend elbow \rightarrow PAIN over lat epi

Golfers " Flex + Supinate \rightarrow Extend " \rightarrow PAIN " med "

NS

Ulnar nerve Flex & ext ? Displacement
 Thickened

Vasc