

Posterolateral Rotatory Instability of the Elbow: Reconstruction of LUCL using Palmaris Longus and Suture Anchor

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Introduction

We report the clinical results and operative procedure of reconstruction of lateral ulnar collateral ligament (LUCL) using palmaris longus and suture anchor screws in the posterolateral rotatory instability of the elbow.

Material and Methods

Six underwent free palmaris longus tendon graft in the posterolateral instability of the elbow using anchor screws. All had elbow dislocation history and two of them underwent a prior surgery. Five male and one female with an average age of 21 years (20~23 years). The mean preoperative Mayo Elbow Performance Score was 63 points (60~65). Ipsilateral palmaris longus is used to reconstruct the LUCL. Suture anchor screws were used to fix the graft tendon in the isometric point at lateral epicondyle and supinator crest of the ulnar, holding graft tendon in proper tension.

Result

Painless stable elbow is achieved in five and one had minor subluxation at last follow up. Elbow pivot shift test was negative and they returned to daily activities in 3 months. The mean postoperative Mayo Elbow Performance Score was 79 points (70~85).

Conclusion

Reconstruction of LUCL with palmaris longus using suture anchor screws is a useful method, which can avoid fracture and soft tissue damage during the operation.

Key word: Elbow, Posterolateral rotatory instability, LUCL reconstruction, Suture anchor