

Trans-olecranon approach in fracture-dislocation of elbow joint

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Elbow is inherently a stable joint. However treating fracture dislocations of the elbow has been challenging. Obtaining good surgical and functional results consistently can be difficult. Many factors compound optimum results. A surgical approach is one such factor. A good surgical exposure for anatomical reduction and secure fixation is imperative for achieving good results. We are presenting in this technical note, the use of trans-olecranon approach with subsequent ligament repair in treating fracture-dislocations of elbow joint. Our technique includes dislocating the elbow joint after the olecranon osteotomy. If the olecranon is fractured we go through the fracture site. After fixing all osseous injuries securely, the ligaments are repaired meticulously. This technique allows us to start early rehabilitation as it makes us sure that all elements osseous and ligamentous have been fixed. We also present a series of 6 such cases treated using the trans-olecranon approach at this hospital with an average follow up period of 26 months.

Key Words: Elbow, Trans-olecranon, Fracture-dislocation, Approach