

INSTRUCTIONS FOR

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ELBOW ACCESSORY



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Methods for Measuring Injury to the Medial Ulnar Collateral Ligament (MUCL)

1. To secure the wrist in supination, follow the steps in Fig. 4.10.a-c. First, the fingers, including the thumb, grasp the counter bearing as shown in the Fig. sub a. Then add the small roller bars first the one under the wrist (Fig. sub b) and then the other above the wrist (Fig. sub c). Make sure that the ulnar aspect of the distal forearm touches the support frame.
2. The elbow is flexed 25° and the upper arm is held in approximately 65° abduction. A counterbearing supports the anterior aspect of the proximal humerus as shown in Fig 4.10.2.
3. With the cassette placed under the olecranon, an AP radiograph is taken of the elbow at zero and again with 15kp pressure applied to the radio-humeral joint. The collateral elbow is examined for comparison.
4. The distance between the most distal point of the medial epicondyle and the coronoid process is measured on the 15kp (d 15) and the zero (d 0) pressure films; preferably using small magnifier with a calibrated scale (e.g., Bausch and Lomb, Rochester New York). a standard ruler to measure can also be used.
See radiographs with 0 and then 15 kp pressure applied.
5. (A) A large partial tear or complete tear of the MUCL is present if $(d_{15} - d_0)_L - (d_{15} - d_0)_U > 0.5\text{mm}$.
(L) means injured elbow
(U) means unjured elbow

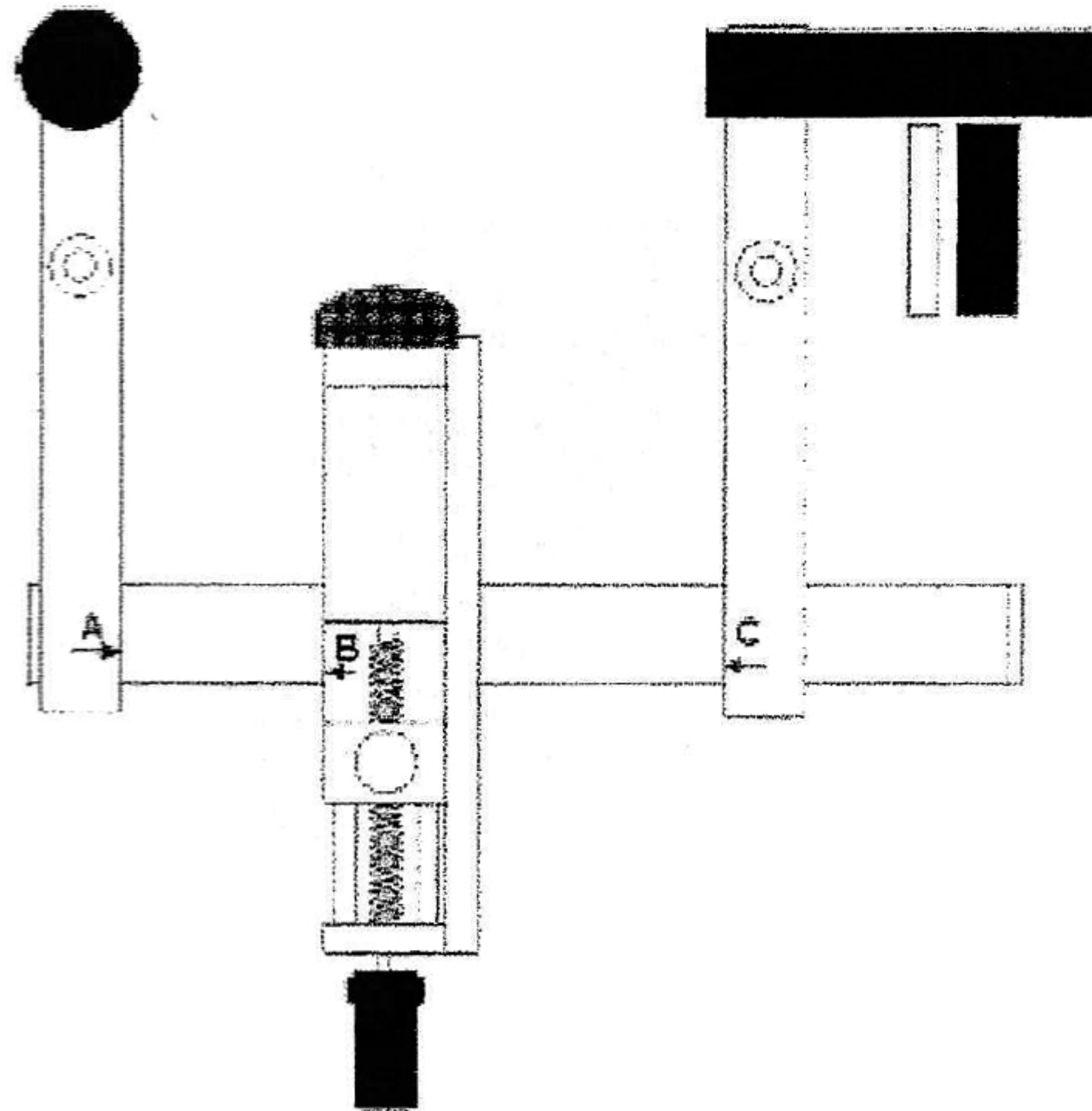
Such tears, as a rule can benefit from surgery.

4.10.1 Setting up the stress devices

Before positioning the patient for an elbow MUCL test, set the stress device up as shown below for the right MUCL. One side arm, holding a counter bearing, is placed close to the edge of the table, the other side arm accommodates the wrist holding device.

Figure 4.10.1
Stress device settings
for right MUCL exam

Left MUCL -
equipment is reversed



For the MUCL:

The elbow should be flexed 15 degrees to unlock the colcannon from its bony socket in the trochlea. The wrist is secured in extreme supination by inserting another counter bearing into the wrist device so as to accommodate the grip of fingers and thumb. The two support rods are then inserted just under and just above the wrist to fixate the wrist in the correct position. See illustration.

With patient positioned comfortably, begin to apply stress slowly to a reading of 15 after taking a 0 force radiograph.

4.10.2 Positioning the patient

The patient is requested to sit up on an adjustable-height stool next to the examination table on which the stress device is placed with the side arm closest to the patient flush with the edge of the table. The extremity to be examined is extended sideways and positioned with the counterbearing level with the proximal humerus and the elbow flexed 15 degrees. The wrist is supinated and fixated in the wrist holding device as illustrated in figure 4.10.2. Make sure that the patient is sitting upright, chest out and upper arm touching, but not leaning into the counterbearing. Upper arm and lower arm should make the same angle with respect to the table surface and the tip of the elbow should not touch the table.

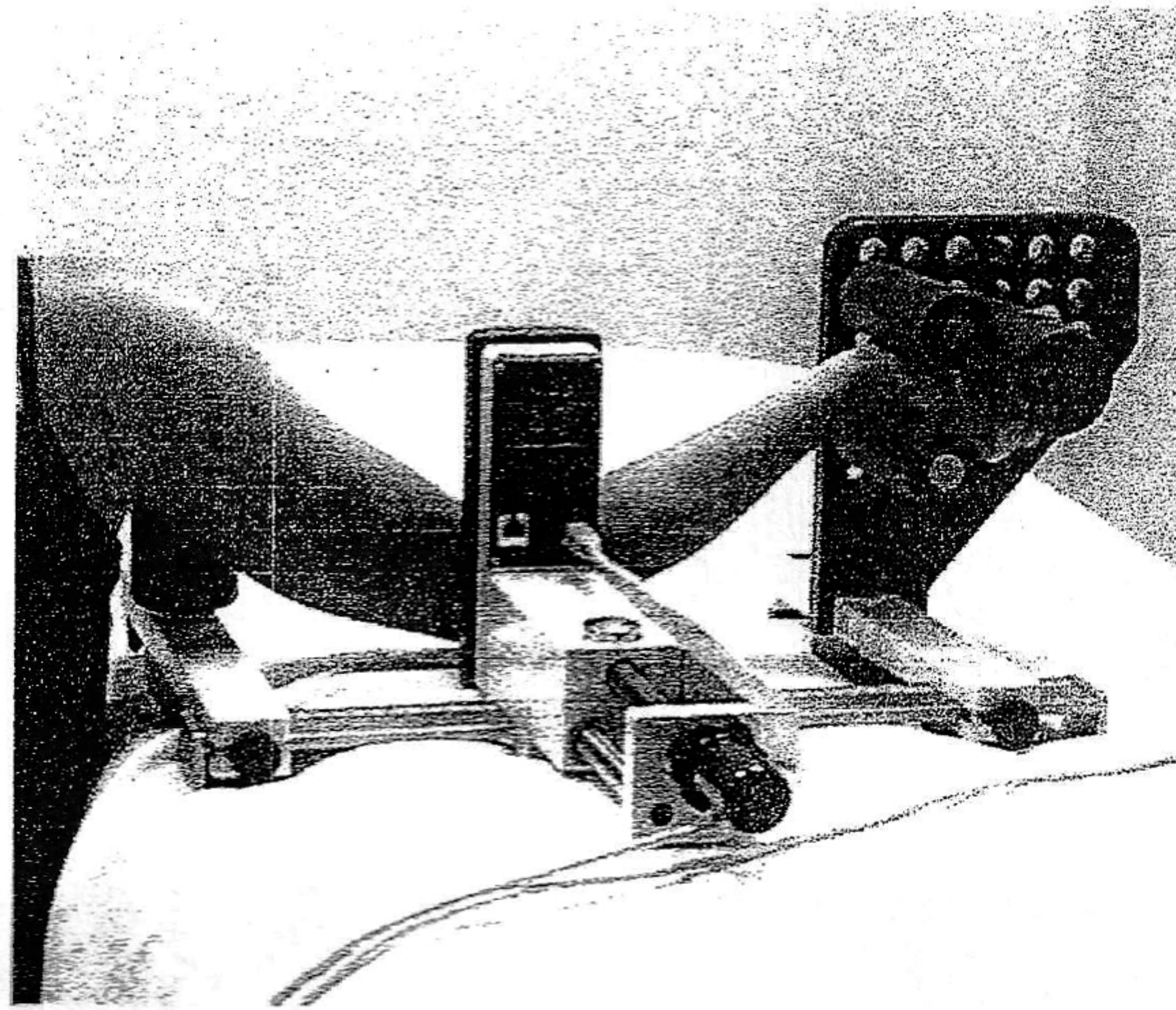
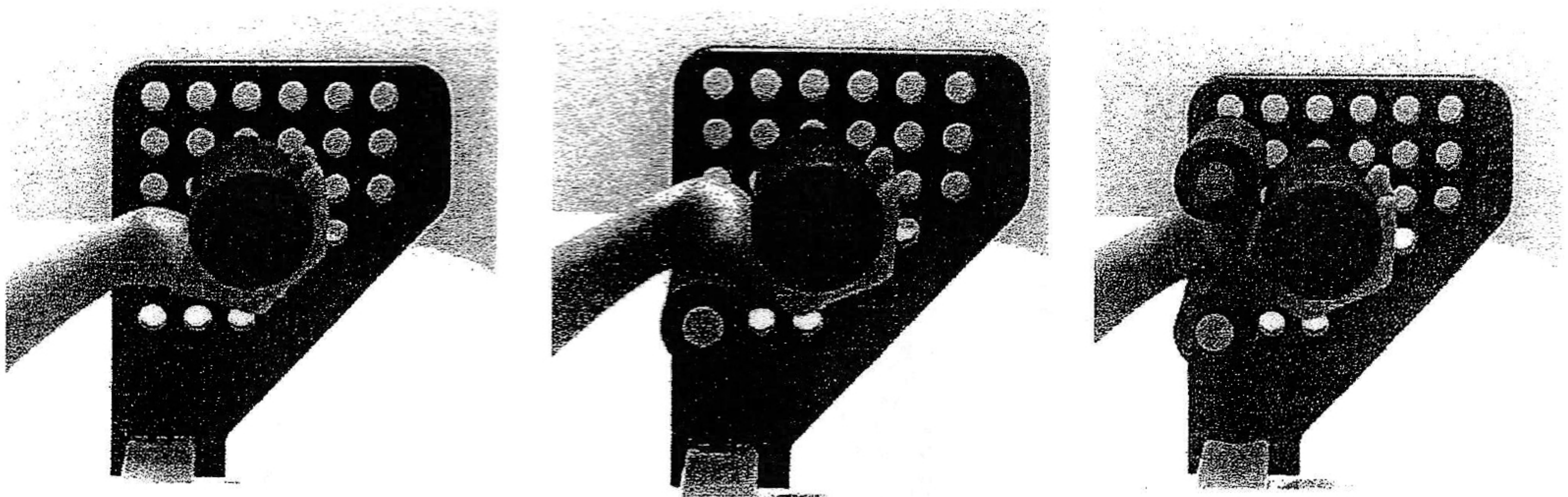
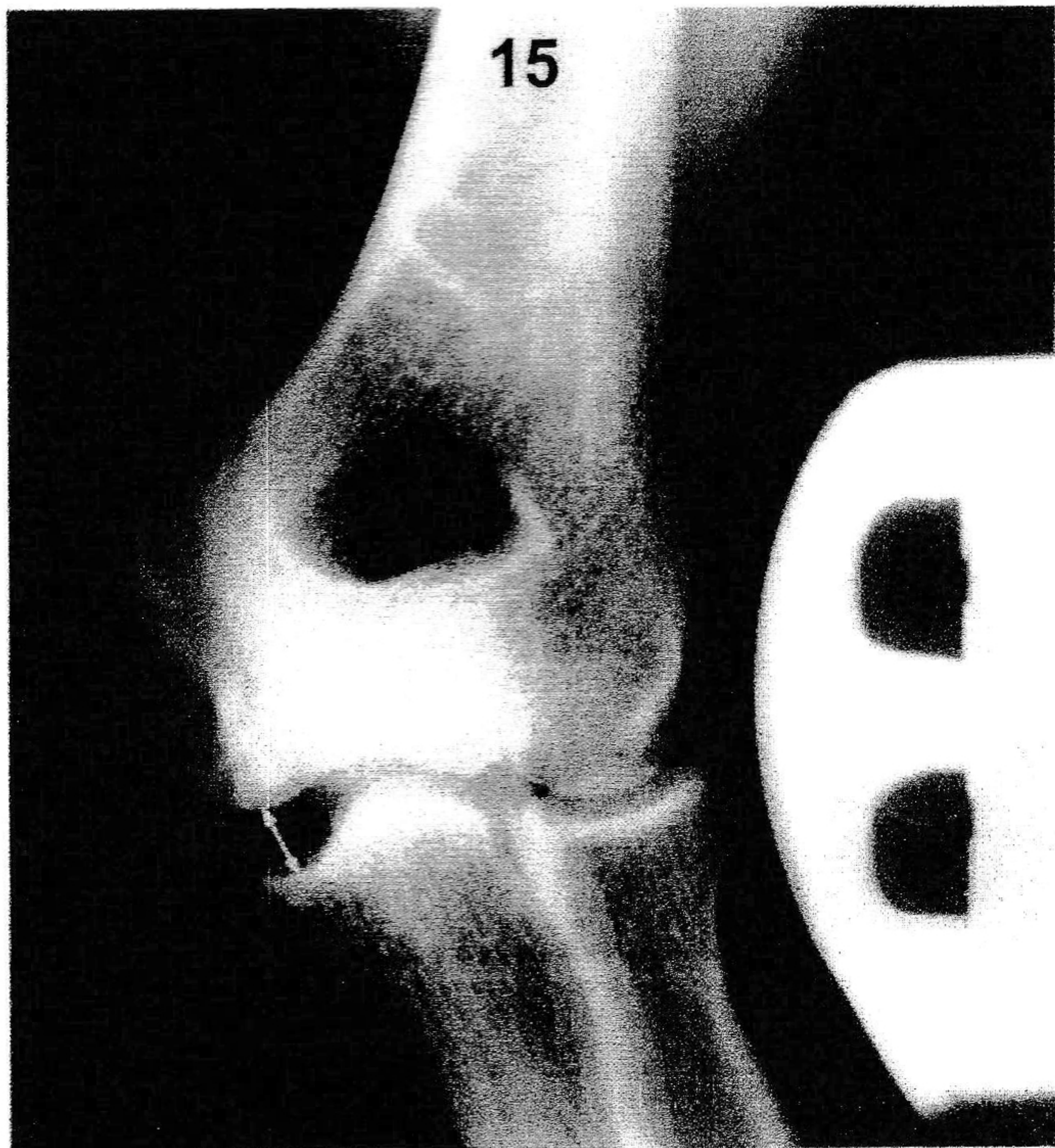
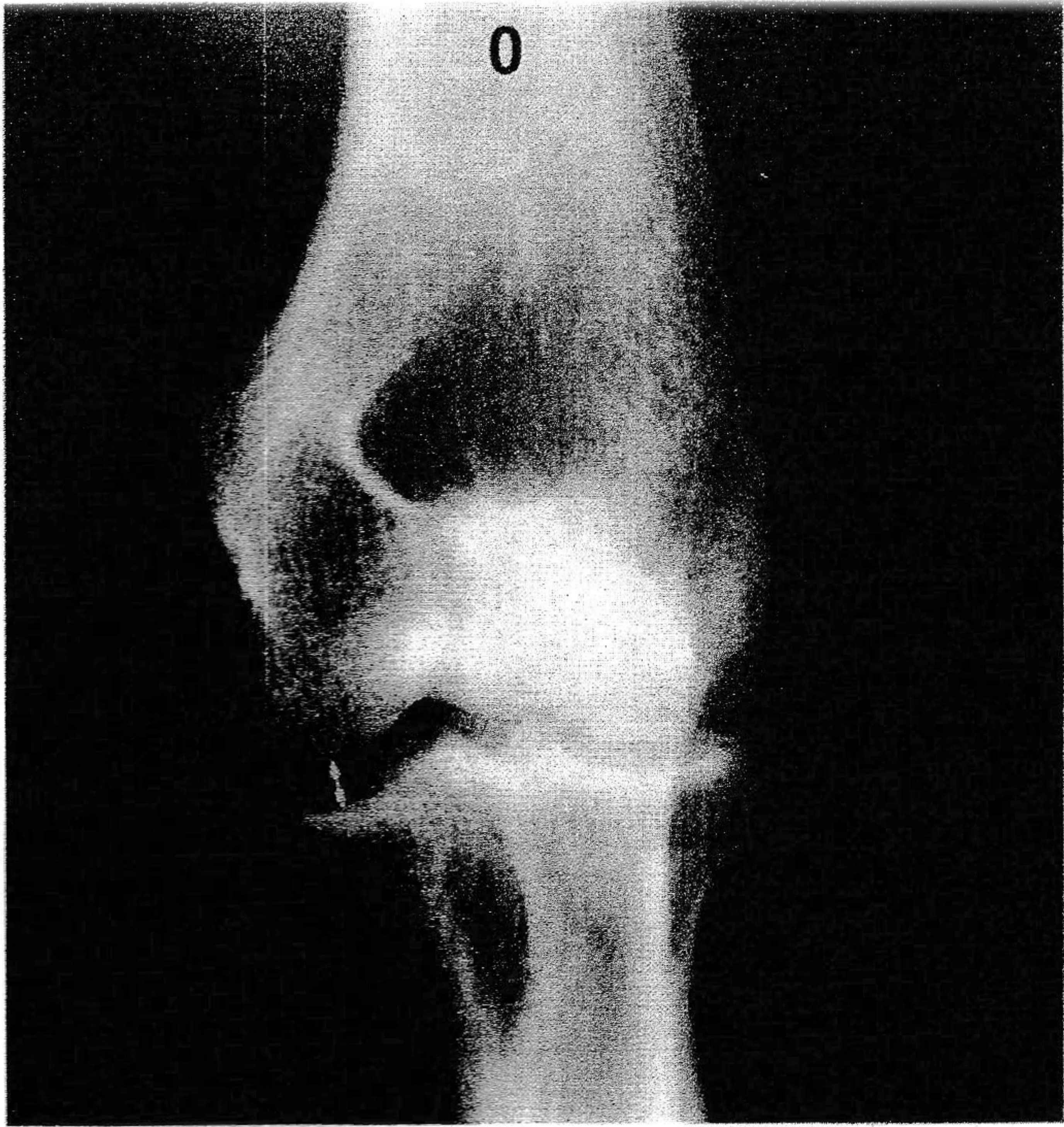


Figure 4.10.2 – Right Elbow mounted in stress device for MUCL exam



Figures 4.10.2a-c – sequence of fixating wrist in stress device for MUCL exam



NOTES: