

(Elbow Instability)

*

1) (Coronoid)

가 (posterolat
 eral rotatory instability)
 50%
 가 가

2) (Olecranon)

Table 1.

Primary constraints to elbow instability

- Intact bony surface (coronoid, olecranon)
- Anterior band of the medial collateral ligament (AMCL)
- Lateral ulnar collateral ligament (LUCL)

Secondary constraints to elbow instability

- Radial head: if MCL deficient or Essex-Lopresti lesion
- Capsule: important in extension
- Muscle: dynamic stabilizer

가

가

가 , 가
 (Primary constraints)

(Secondary constraints)
 (Table 1).

: *

93-2 HS 5

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가
(Fig. 1). 6) (Capsule)

3) :
(band) 50%
120
18% 가 , 32%, 38%

39% 가
20%
7) ():
가
가

4) :
(anconeus)

가
가
(isometry) 3). (Fig.

5) (radial head):
가 2.

(Secondary constraint) 가
3가 가

(Fig. 2).

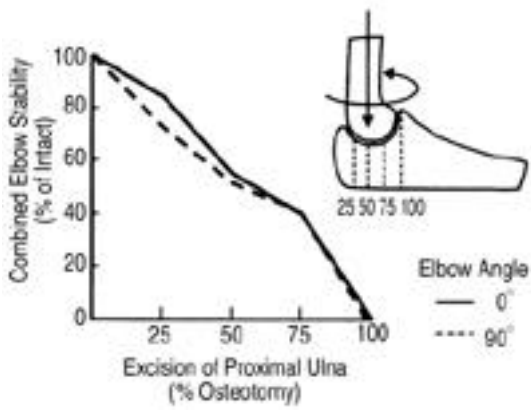


Fig. 1.

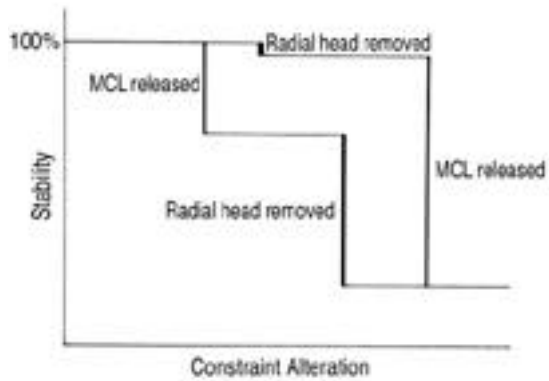


Fig. 2.

(complex)

가

(Fig. 4).

가

가

(Fig. 5).

3

가

(Table 2)

가

(mechanism)

Table 2. Stage of Soft Tissue Dysruption

Stage 1	Dysruption of LUCL
Stage 2	Disruption of other lateral ligament and the anterior and posterior capsule
Stage 3	3A Partial MCL disruption 3B Complete MCL disruption

가

가

가



Fig. 3.

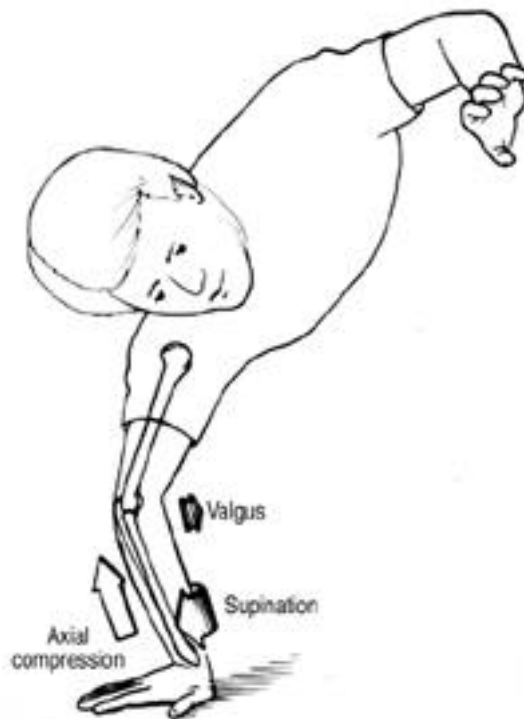


Fig. 4.

3.

Tinel

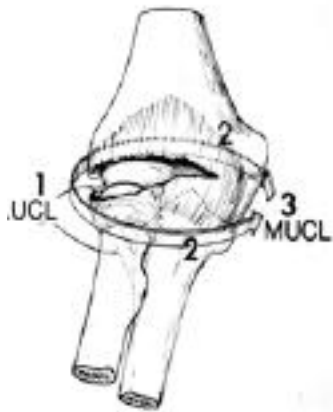
1)

2) ()

가 2 mm
가 ,
30 ~ 40%

가가 ,

가



가
가 가
(Lateral pivot shift test)
(Fig. 6).

가
(supination) (valgus)
(axial compression) 가

Fig. 5. Horri circle.

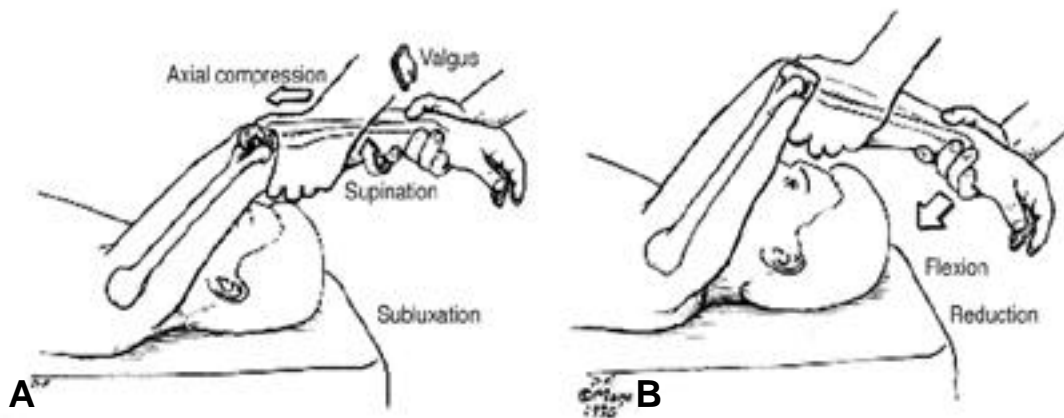


Fig. 6. Lateral Pivot shift test.

(Fig. 7) 가

. Stage 1 3A

Anterior drawer test

cast brace

. Stage 3B,

3C

가

cast brace

4.

1)

healing

가

3

2)

(coronoid)

가

or splint

, 90

posteri

3~5

가

가

. 5~7

가

가

'terrible

triad'

가

가



Fig. 7. Lateral pivot shift test

(Table 3).

3

(Fig. 8).

(lateral pivot shift test)

가

eral pivot shift test)

(lat-

Lateral ulnar collateral ligament

(Fig. 9), Kirschner

(LUCL) 가

(Fig. 10), transosseous

(Fig. 10)

가

가

3)

(Fig. 12).

가

(supinator

crest)

3~4 mm

가

가

가

suture anchor

가

Table 3. Classification of coronoid fracture

Type	Injury	%Satisfactory
I	Tip	80~90%
II	< 50%	50%
III	> 50%	25%



Fig. 8.

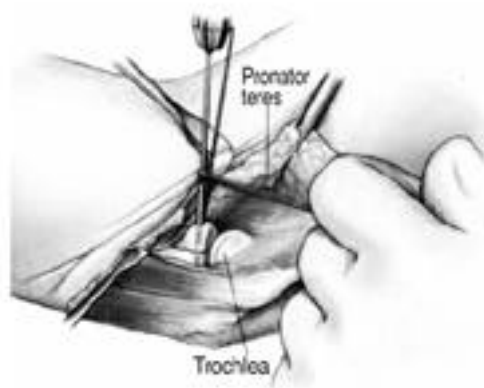


Fig. 9. Screw fixation.

dynamic hinge distractor() , (Fig. 12).

(Primary constraints) (Secondary constraints)

가 가 (varus force) ,



Fig. 10.

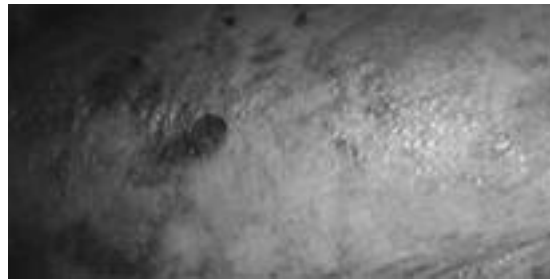


Fig. 12.



Fig. 11. Transosseous suture.

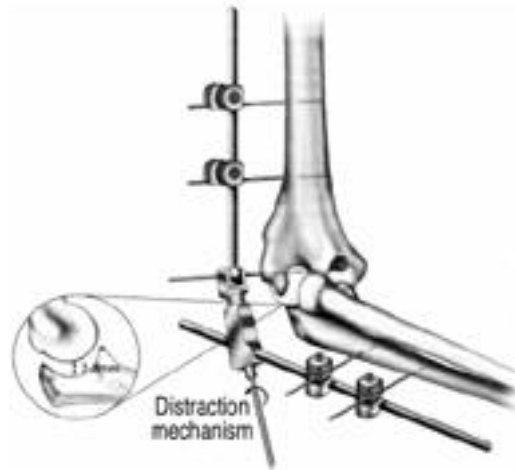


Fig. 13. Dynamic hinge distractor.