

# Dislocation

## **What is an Elbow Dislocation?**

An elbow dislocation occurs when the humerus, or arm bone, is dislodged from its notch in the ulna, a forearm bone.

## **What causes an Elbow Dislocation?**

Elbow dislocations generally result from trauma such as falls or motor vehicle accidents. They can also be seen in contact sports, such as football and wrestling. Associated fractures and ligament tears are common.

## **What are the symptoms?**

The patient will feel a 'pop', followed by immediate pain and loss of use of the arm. Numbness and tingling may be present in the hand. A visible elbow deformity is present in thin patients.

## **How is an Elbow dislocation diagnosed?**

Dislocations are diagnosed clinically. X-rays are obtained to look for fractures which may have occurred at the time of the dislocation.

## **How is it treated?**

The surgeon will put the elbow back into place using gentle pressure on the tip of the ulna. Associated fractures are then addressed. Ligament tears occurring as a result of the dislocation are usually treated non-operatively unless the elbow remains unstable after reduction.

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