

05/01/14 Today's Agenda:

U3 EQ: What are the anatomical structures and common athletic injuries of the elbow?

1. Students will complete Daily Cerebral Exercise.
2. Students will record notes over injury #7 to the elbow.
3. Students will create elbow injury flash card for #7 to add to set.

TO: What is injury #7 to the elbow, UCL Tear?

1:3 Identify major bones in the body.

1:5 Describe general injury causations and/or mechanisms.



7. Ulnar Collateral Ligament Tear –

UCL connects the lateral epicondyle to the ulna.



7. Ulnar Collateral Ligament Tear –

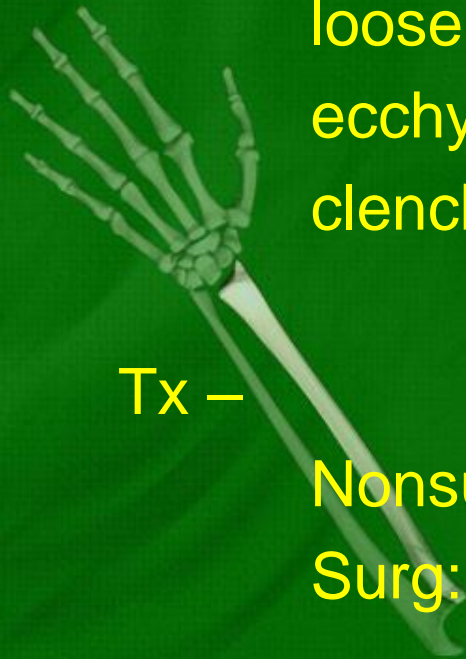
MOI - frayed or torn through the stress of repetitive throwing motions. If the F on the soft tissues is $>$ than the strength of the structure, then tiny tears of the ligament can develop.

S/S – p! during the acceleration phase of throwing
loose fragments = popping or catching
ecchymosis if complete rupture
clenching fist will produce p!

Tx –

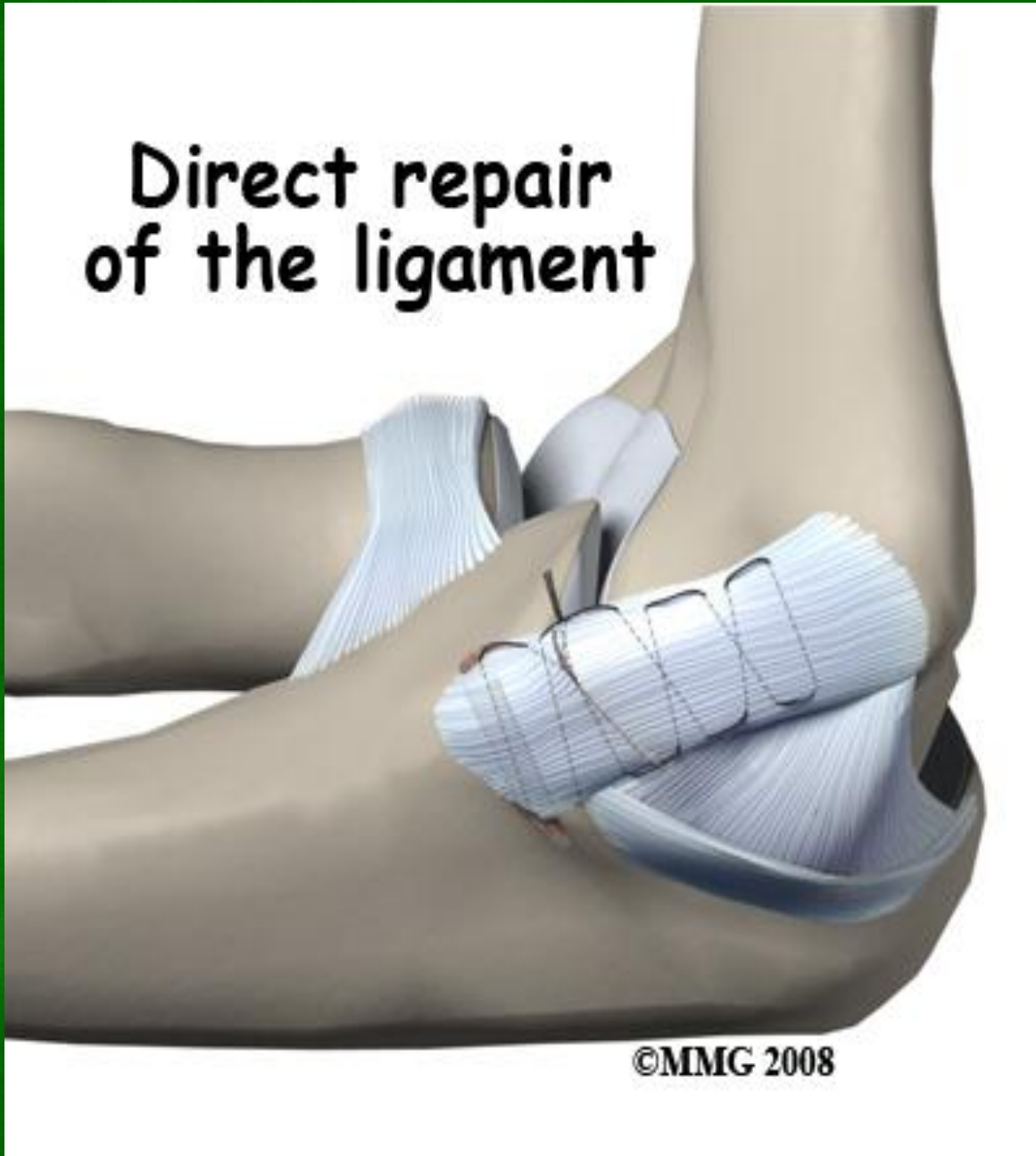
Nonsurg: tx s/s, rest, NSAIDs

Surg: “Tommy Johns”





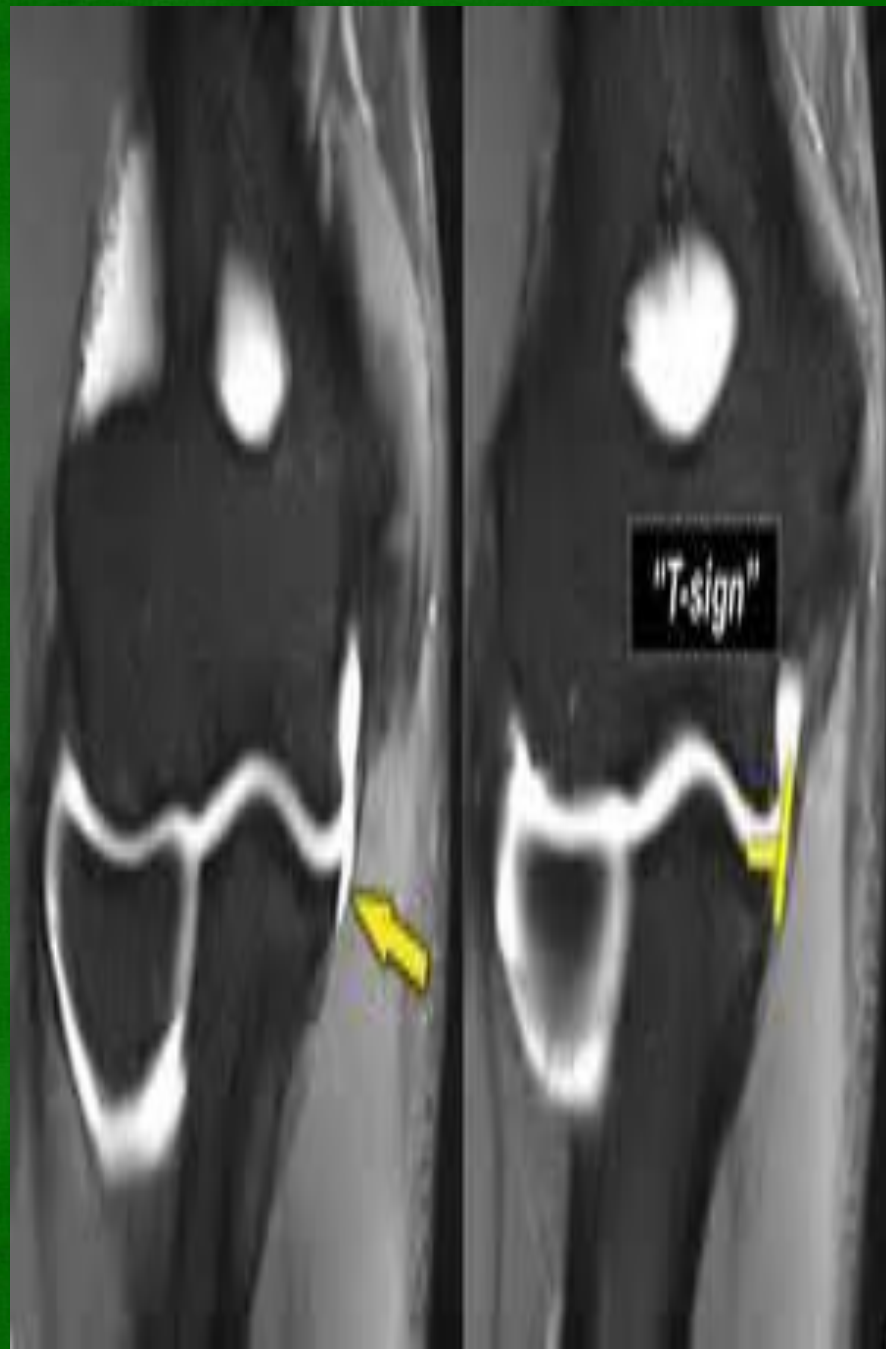
Direct repair of the ligament



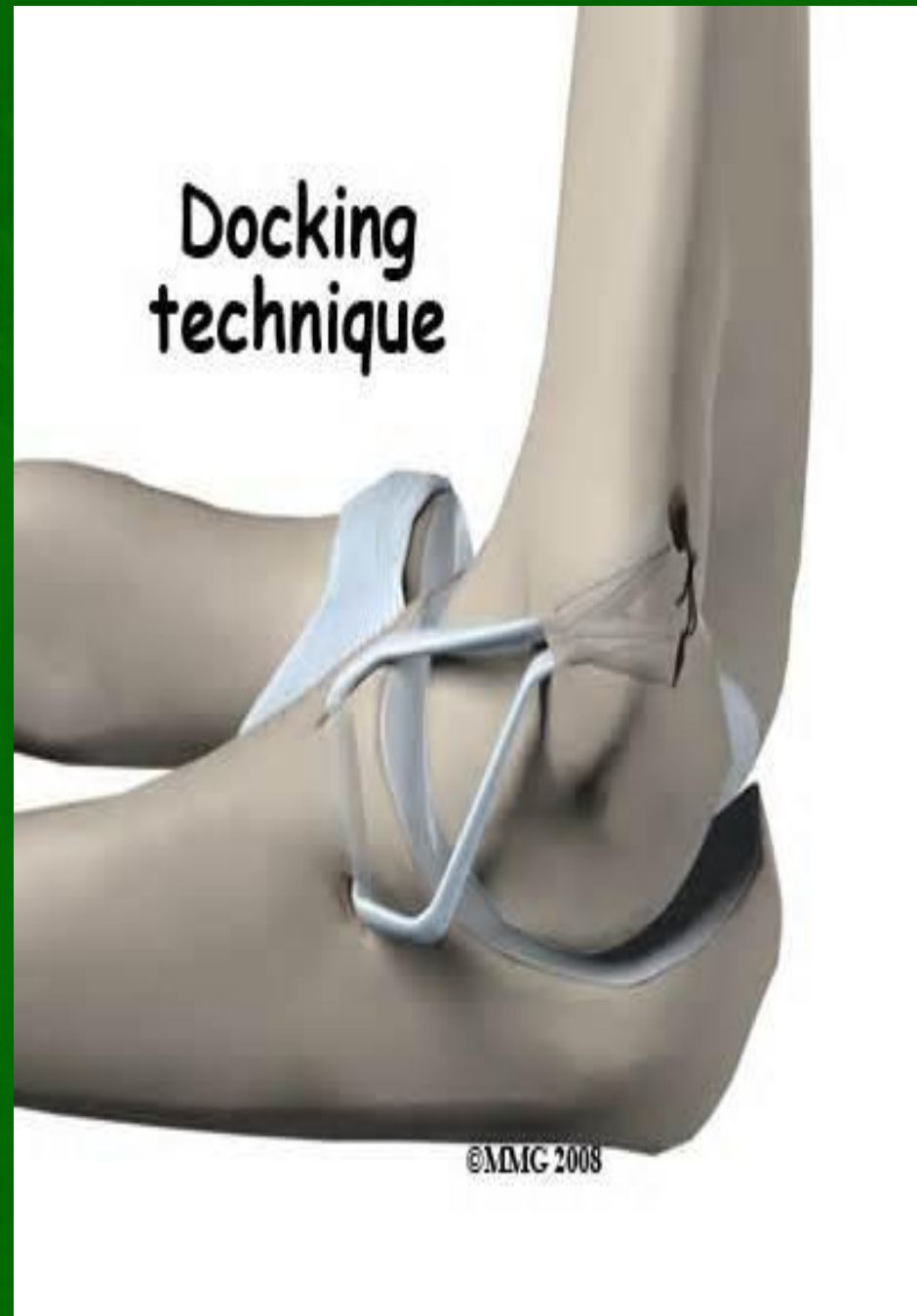
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Surg Repair –

The man for whom the surgery was named underwent the first ligament-replacement surgery in 1974 as a 31-year-old Dodgers lefty. John had won 124 games in his 12-season career until that point and he returned in 1976 and pitched 14 more years, winning 164 more games while making three All-Star teams and finishing as the Cy Young runner-up twice.



Docking
technique



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