

Double Approach For Treatment Terrible Triad Elbow With Good Range Of Motion: A Case Report

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INTRODUCTION:

Dislocation of the elbow associated with radial head and coronoid fracture, the so-called “terrible triad” of the elbow, is challenging to treat and has a history of complicated outcomes which included limited range of motion elbow joint. As a result of these injuries, the elbow is left in an unstable state that invariably requires surgical intervention. Many approaches are used for surgical treatment. We report a case of terrible triad elbow using double approach treatment with good range of motion post operative.

REPORT:

26 year old man involved with an accident which resulted and sustained terrible triad left elbow. He underwent treatment for fixation coronoid, medial collateral ligament using medial approach and radial head, lateral collateral ligament using lateral approach.

Split of flexor carpi ulnaris muscle was used in medial approach and lateral approach used in between anconeus muscle and extensor carpi ulnaris muscle.

Coronoid process fixed with anchored sutured, collateral ligaments fixation using Fiber Tape and radial head fixation with plating. Post fixation intraoperative the elbow joint was stable in range of motion 0-130 degree. Then the patient was put on elbow brace post operatively and fixed in 90degree elbow flexion for 2weeks, Then gradually range of motion left elbow increased with protection of elbow brace.

Figure 1 and 2 were left elbow xray AP and lateral view post operatively. It showed well reduced left elbow joint.

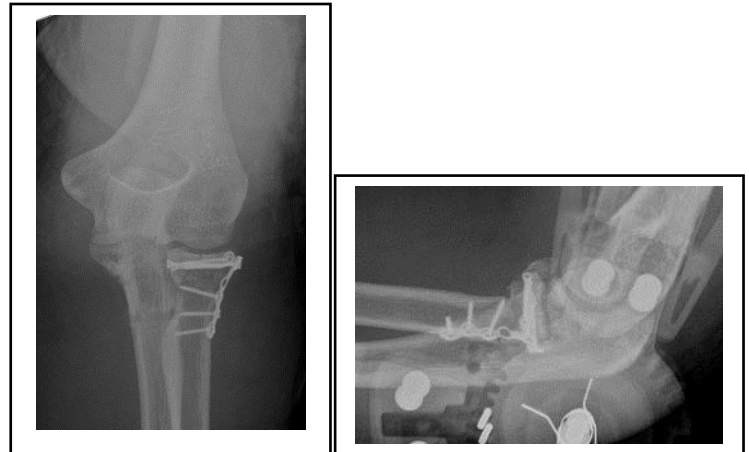


Figure 1: left elbow xray AP view post operative

Figure 2: left elbow xray lateral view post operative

3months post operative, patient regained good functional range of motion 10-130degree with supination and pronation forearm of 0-60degree.

CONCLUSION:

The single lateral approach achieved better function recovery than combined lateral and medial approach, decreasing the risk of ulnar nerve lesion and surgery time for the treatment of terrible triad elbow¹. However we reported a good functional range of motion with double approach in treatment of terrible triad elbow.

REFERENCES:

1. Chengwei Zhou et al, Comparison of a single approach versus double approaches for the treatment of terrible triad of elbow—A retrospective study, International Journal of Surgery, Volume 51, 2018, Pages 49-55