Elbow Trauma: Rehabilitative Evaluation and Treatment
6 CE HOURS / .6 CEUs

PDH Academy Course #OT-1903

Course Abstract
This course addresses the rehabilitation of patients with elbow trauma. It begins with a review of relevant terminology and anatomy, next discusses injuries to the elbow with attention to medical interventions, and then examines the role of therapy as it pertains to evaluation and rehabilitation.

Target audience: Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants (no prerequisites).

NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.

This course is offered for 0.6 CEUs (Intermediate level; Category 2 – Occupational Therapy Process: Evaluation; Category 2 – Occupational Therapy Process: Intervention; Category 2 – Occupational Therapy Process: Outcomes).

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Learning Objectives
At the end of this course, learners will be able to:

• Differentiate between definitions and terminology pertaining to elbow trauma
• Recall the normal anatomy and kinesiology of the elbow
• Identify elbow injuries, with attention to their medical diagnosis and treatment
• Recognize roles of therapy as it pertains to the evaluation and rehabilitation of elbow trauma

Timed Topic Outline
I. Introduction & Definitions (30 minutes)
II. Provocative Testing at the Elbow (10 minutes)
III. Elbow Anatomy (50 minutes)
   Bones of the Elbow, Soft Tissue Structures of the Elbow, Ligaments of the Elbow, Nerves of the Elbow, Kinematics of the Elbow
IV. Elbow Fractures (90 minutes)
   Classifications, Non-Operative Treatment vs. Surgical Treatment, Generalized Healing Time for Fractures as Related to Rehabilitation, Fractures to the Elbow, Terrible Triad Injuries, Essex-Lopresti Injuries