

Presented by:
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679 Examination of the Normal and Injured Elbow

0:00 Introduction
0:39 Injuries in Baseball – James R. Andrews Bertram Zarins Kevin E. Wilk, Chaper 17 Functional Anatomy to the Elbow by Mary Lloyd Ireland, Yvonne E. Satterwhite, Craig C McKirgan, Michael Stroyan and Kevin E Wilk. ASMI – American Sports Medicine Institute
2:14 Humerus in Sports
4:03 Radius in Sports
4:05 ULNA
4:41 Muscle Origins and Insertions – Anterior and Posterior
5:15 Ulnar Nerve
9:15 Sensory Distribution
11:00 Palpation Bony Prominences
11:33 Normal Exam Video
17:51 Gunstock Deformity
18:45 Use Your Knowledge of Anatomy
19:46 Differential Diagnosis: Skeletally Mature – Muscular, Bony, Ligamentous, Neurologic
26:05 "Tennis Elbow" Test video
26:35 Elbow Dislocation Video courtesy of Lyle Cain, M.D.
27:21 Medial Elbow Pain – Muscular Origins Medial Epicondyle/Diagnoses in throwers
30:52 Moving Valgus Stress Test – MVST
32:00 Acute UCL Tear video
36:11 Posterolateral Rotatory Instability
37:00 Ulnar Nerve Palpation
37:12 Ulnar Nerve Hypermobility Video
38:00 Hook Test
38:23 Biceps Muscle Partial Tear Video / Proximal Biceps Rupture Pop Eye Deformity Video
42:46 46 YO WM Postal Carrier – Complete Biceps Tendon Rupture video / Video Series
44:00 Olecranon Bursitis Triceps Strain video
45:00 Girls vs Boys – Differential Diagnosis: Skeletally IMMATURE
49:16 14 YO WM LH-Dominant – Pain in left Elbow
52:28 Posterior Elbow Dislocation video – Elbow Dislocation with Humeral Epicondyle Fracture
55:05 Reducing a Posterior Elbow Dislocation
57:58 12 Year old Pitcher and Quarterback – Medial Elbow Pain
59:36 14 Year Old Pitcher – Medial Elbow Pain, open medial humeral epiphysis torn UCL
59:58 Risk Factors – Olsen II SJ, Fleisig GS, Dun S, Loftice J,

Andrews JR, "Risk Factors for Shoulder and Elbow Injuries in Adolescent Baseball Pitchers," Am J Sports Med 34(6); 2006,905-912.
1:00:00 13 Year old 'Big Pitcher' Syndrome
1:01:30 www.stopsportsinjuries.org
1:02:20 Former High School Pitcher – Right Elbow Pain
1:03:13 Conclusions

679 02 Differential Diagnosis for Compartments

0:00 Introduction
0:48 Differential Diagnosis: Anterior, Posterior, Medial, and Lateral
7:06 "Tennis Elbow" Test video
7:36 Elbow Dislocation Video courtesy of Lyle Cain, M.D.
8:24 Medial Elbow Pain – Muscular Origins Medial Epicondyle/Diagnoses in throwers
11:55 Moving Valgus Stress Test – MVST
13:02 Acute UCL Tear video
17:14 Posterolateral Rotatory Instability
18:03 Ulnar Nerve Palpation
18:15 Ulnar Nerve Hypermobility Video
19:03 Hook Test
Biceps Muscle Partial Tear Video / Proximal Biceps Rupture Pop Eye Deformity Video
23:47 46 YO WM Postal Carrier – Complete Biceps Tendon Rupture video / Video Series
Olecranon Bursitis Triceps Strain video

679 03 Skeletally Immature

0:00 Introduction
Girls vs Boys – Differential Diagnosis: Skeletally IMMATURE
4:52 14 YO WM LH-Dominant – Pain in left Elbow
8:05 Posterior Elbow Dislocation video – Elbow Dislocation with Humeral Epicondyle Fracture
– Reducing a Posterior Elbow Dislocation
13:37 12 Year old Pitcher and Quarterback – Medial Elbow Pain
15:14 14 Year Old Pitcher – Medial Elbow Pain, open medial humeral epiphysis torn UCL
15:36 Risk Factors – Olsen II SJ, Fleisig GS, Dun S, Loftice J, Andrews JR, "Risk Factors for Shoulder and Elbow Injuries in Adolescent Baseball Pitchers," Am J Sports Med 34(6); 2006,905-912.
– 13 Year old 'Big Pitcher' Syndrome
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– Former High School Pitcher – Right Elbow Pain
18:51 Conclusions