Common Upper Extremity Injuries
Scapula Fractures

- Scap Y, Ax
- Op: Large glenoid step-off, malalignment or shoulder instability
- CT indications
- Tx: Sling. Almost always trauma. D/w Lang, Prokuski
AC joint injury

- Almost always nonoperative
- Operative
  - Widely displaced
  - Posteriorly or inferiorly displaced
- Tx: Sling, no f/u for minimally displaced – if concerned talk to Kaplan
Clavicle fractures

- **Absolute operative indications:**
  - Open, threatening open
  - NV injury
  - Floating shoulder
- **Proximal / middle 3rd**
  - $\geq 2$ cm shortening
- **Distal 3rd**
  - Intraarticular displacement, superior displacement
- **Reduce if brave**
- **Tx:** If not trauma send home with figure-8 or sling
  \(\rightarrow\) Lang, Prokuski or Ablove.
Prox Humerus Fx

- **NO COAPTATION**
  - SPLINT

- “Parts” based on
  - >1 cm displaced
  - >45° angulated

- No Reduction

- Most often sling and home
  - One week Alove, Lang, Prokuski
Humerus Fx

- Most often nonoperative
- No reduction
- Operative:
  - 20° AP, 30° var/valgus, 3 cm bayonet
  - Floating elbow, bilateral, segmental
  - Polytrauma
- No active wrist extension?
- Coaptation Splint / functional fracture brace
- f/u one week with Lang, Prokuski
Distal Humerus
Capitellum Fractures

- ORIF if displaced
- Posterior splint and home
- f/u: Ablove, Prokuski
Radial Head Fx

• >30% of joint surface that is
  – 3 mm displaced
  – 30º angulated
• Mechanical block to motion
• Otherwise nonop
  – Splint for comfort, otherwise sling
  – Early motion
  – Prokuski, Lang, Ablove
Olecranon Fx

- ORIF if displaced, nonop if nondisplaced
- Posterior splint, f/u one week:
  - Prokuski, Lang, Ablove
Both Bone Forearm fracture

- ALWAYS operative (ORIF with plates)
- Reduce, sugar tong
- Most often admit
- Beware of compartment syndrome
Galleazi Fracture
Monteggia Fracture
Distal radius fracture

- Colles, volar/dorsal Barton
- Reduce in ER
  - Hematoma block
  - Finger traps
  - Reduction techniques
  - Fluoro?
- Sugar tong, post xrays
- Normal: 11° volar tilt, 21° radial inclination
- Acceptable: neutral tilt, not horribly short