
EDITORIAL

Floating Elbow and Its Overview

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Abstract

Arthroscopy is a surgical procedure by which the internal structure of a joint is examined for diagnosis and/or treatment using a tube-like viewing instrument called an arthroscope. Arthroscopy was popularized in the 1960s with the advent of fiberoptic technologies and is now commonplace throughout the world. Typically, it is performed by orthopedic surgeons in an outpatient setting. When performed in the outpatient setting, patients can usually return home on the same day the procedure is completed.

Introduction

Floating elbow a situation in which there are fractures of both the forearm and humerus (upper arm bone) in the same extremity. It is termed “floating” because the elbow joint is disassociated from both the forearm and arm. The condition was originally described in children and is often the result of a fall on the outstretched arm. In adults, the injury can be caused by crush injuries, falls, or direct high-velocity trauma Sports injuries are injuries that occur when engaging in sports or exercise. Sports injuries can occur due to overtraining, lack of conditioning, and improper form or technique. Failing to warm up increases the risk of sports injuries. Bruises, strains, sprains, tears, and broken bones can result from sports injuries. Soft tissues like mus-

cles, ligaments, tendons, fascia, and bursae may be affected. Traumatic brain injury (TBI) is another potential type of sports injury. Injuries may range from mild to severe. Muscle strain is another name for a pulled muscle. It occurs when a muscle is overstretched and tears. Symptoms of a pulled muscle may include: pain, swelling, weakness, and difficulty or inability to use the muscle.

Muscles in the quadriceps, the calves, hamstrings, groin, low back, and shoulder are the most common sites for pulled muscles. Minor muscle strains resolve with RICE -- Rest, Ice, Compression, and Elevation. The anterior cruciate ligament (ACL) helps hold the knee joint together and provides stability. A torn ACL is a sports injury that may occur when landing the wrong way, changing direction or stopping quickly, or from a direct blow to the knee. People who suffer a torn ACL may hear a pop and then feel their knee no longer functions. Pain, swelling, and loss of range of motion are symptoms of a torn ACL. It may be difficult to walk. A torn ACL needs to be reconstructed surgically, usually using a graft from another ligament in the patient’s own body. Significant rehabilitation is necessary to restore the strength and function of the knee joint after surgery. Depending on the age, health status, and desired activity level of the patient, some may not elect to have surgery. In that case, braces and physical therapy will not cure the condition, but may provide some relief.