

# Elbow and Forearm Evaluation

## History and inspection

- Technique
- Pain patterns – referred pain
- Carrying angle
- Medial mass/lateral mass
- Cubital recurvatum
- Olecranon

## Anatomy

Bones	Humerus <ul style="list-style-type: none"><li>Medial and lateral epicondyles</li><li>Olecranon fossa</li></ul>
	Radius – lateral <ul style="list-style-type: none"><li>Radial head</li><li>Radial tuberosity</li><li>Radial styloid process</li></ul>
	Ulna – medial <ul style="list-style-type: none"><li>Olecranon process</li><li>Coronoid process</li><li>Ulnar styloid process</li></ul>
Ligaments	Ulnar collateral – medial collateral <ul style="list-style-type: none"><li>Anterior oblique band</li><li>Transverse oblique cord</li><li>Posterior oblique band</li></ul>
	Radial collateral – lateral collateral <ul style="list-style-type: none"><li>Lateral ulnar collateral ligament</li><li>Accessory lateral collateral ligament</li><li>Annular ligament – proximal radioulnar jt</li></ul>
Muscles	Flexors – biceps, brachioradialis, brachialis
	Extensors – triceps, anconeus
Other	Pronation/supination – pronator teres & quadratus and supinator
	Wrist extrinsics <ul style="list-style-type: none"><li>Flexor mass – medially</li><li>Extensor mass – laterally</li></ul>
	Subcutaneous and subtendinous olecranon bursa
	Ulnar nerve
	Cubital fossa