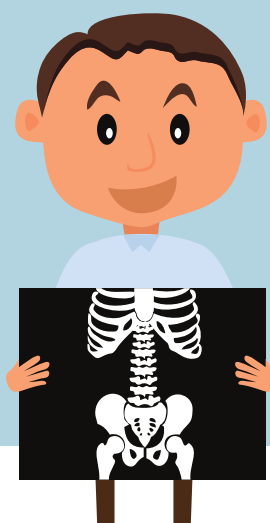


INTERPRETATION OF PAEDIATRIC ELBOW



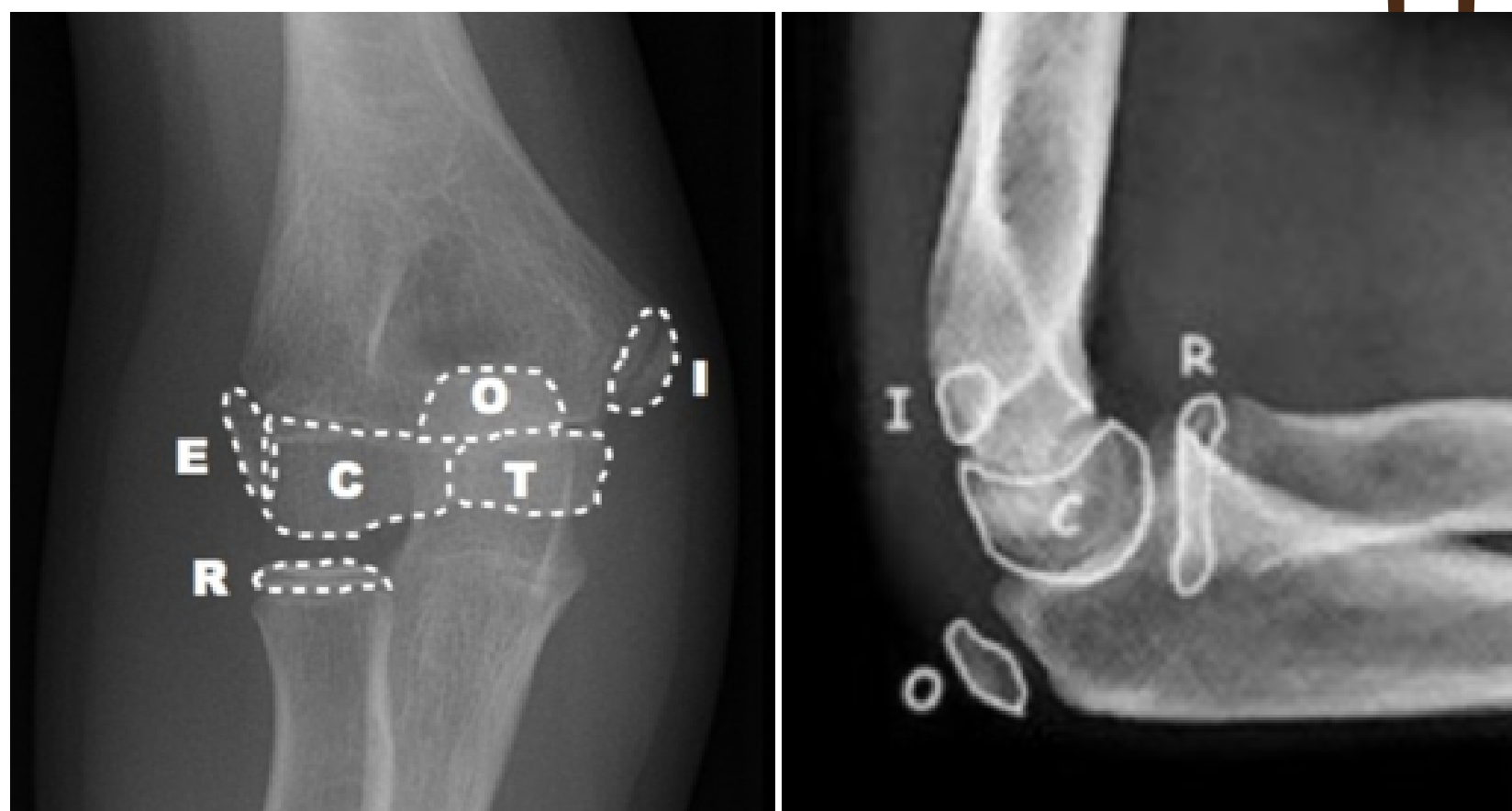
X-RAY

Ossification Centres

-> Think **CRITOE**

- Capitellum (*age 1)
- Radial head (*age 3)
- Internal Epicondyle (*age 5)
- Trochlea (*age 7)
- Olecranon (*age 9)
- External epicondyle (*age 11)

*approximate age of appearance



Anterior and Posterior Fat pads

-> Anterior

- Small fat pad is normal
- Large fat pad (**sail sign**) suggests intra-articular injury



-> Posterior

- Almost always indicates elbow effusion if present

Alignment

-> Anterior humeral line

- Line drawn down anterior border of humerus should intersect middle 1/3rd of capitellum
- If not : think fracture i.e. supracondylar fracture



-> Radio-capitellar line

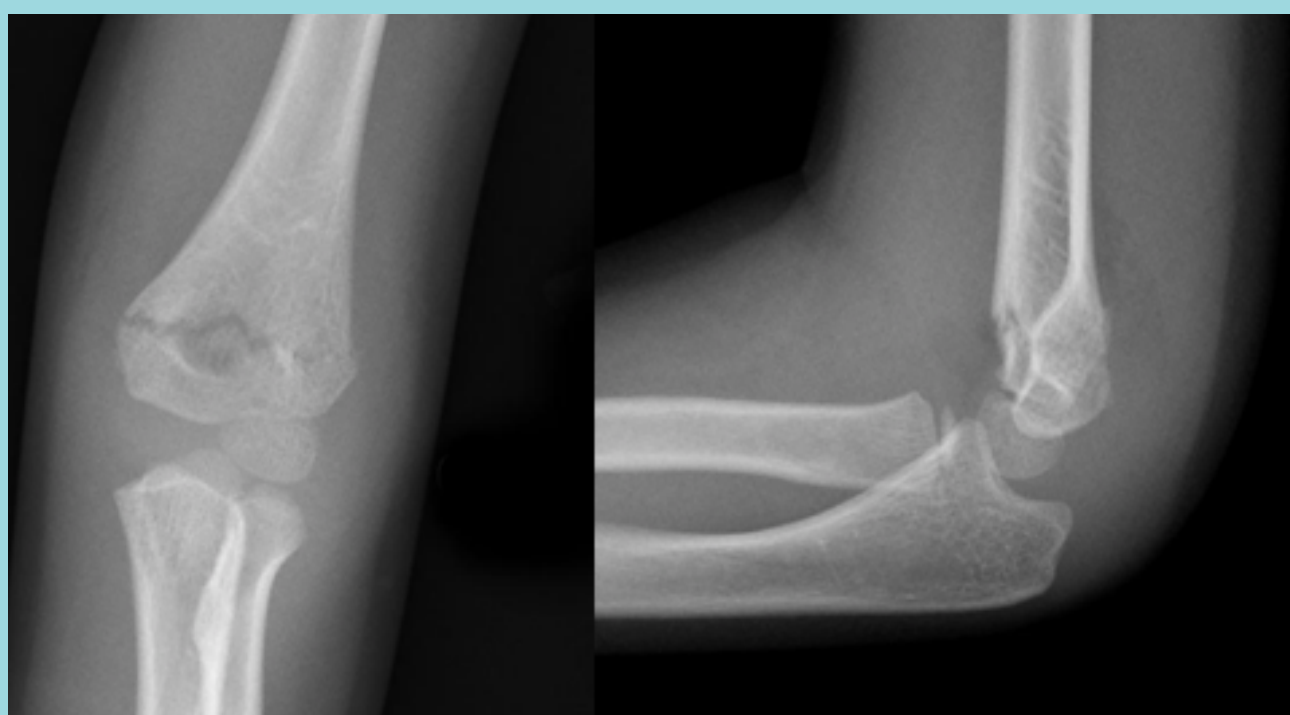
- Line along middle of proximal end of radius should intersect capitellum in lateral and AP views



Common Pathology

-> Supracondylar Fracture

- Most common paediatric elbow fracture
- Mechanism : fall onto hyperextended elbow
- Peak Age : 5 -7 years



Common Pathology

-> Lateral Condyle Fracture

- Mechanism: usually varus force applied to an extended elbow
- Peak age : 6-10 years

