

## CHRONIC ELBOW INSTABILITY WITH RECURRENT DISLOCATION TREATED BY LATERAL COLLATERAL LIGAMENT REPAIR WITH INTERNAL BRACE AUGMENTATION: A CASE REPORT

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### INTRODUCTION:

Chronic elbow instability in adults mainly consists of valgus instability and posterolateral instability. The aim of ligament stabilization surgery is: recreate the anatomy and function of the original ligament (1). Recurrent dislocation is an uncommon sequelae. Our case is a 41-year-old man who presented with chronic right elbow instability and recurrent dislocation for the past 17 years and was treated by right elbow lateral collateral ligament repair with anchor suture and internal brace augmentation.

### REPORT:

This case was reported in our center which involved a 41-year-old man with no known medical illness who presented with chronic right elbow instability and recurrent dislocation for the past 17 years. He sustained recurrent dislocation of the right elbow over the years and due to the limitation in his daily activities, chronic pain, and multiple episodes of elbow dislocation, he agreed for surgical intervention. He was diagnosed with right elbow chronic instability with recurrent dislocation and lateral collateral ligament injury. He underwent right elbow lateral collateral ligament repair with anchor suture and internal brace augmentation. The surgery was uneventful, and he was discharged with an elbow brace and was covered with NSAIDS for 6 weeks for heterotopic ossificans prophylaxis. He can achieve full range of motion 6 weeks post-surgery with no episodes of recurrent elbow dislocation during clinic follow up at 6 weeks.



Fig1, 2: X-ray AP/Lateral view showing anchor suture used for ulna collateral ligament repair.



Fig 3: Intraoperative image showing augmentation with internal brace over right elbow.

### CONCLUSION:

Chronic elbow instability with recurrent dislocation is a complex injury that requires surgical intervention. The emerging concept of repairing the lateral collateral ulnar ligament with modern suture anchors and internal brace augmentation is a good option of treatment.

### REFERENCES:

1. Carlier Y, Soubeyrand M. Chronic elbow instability in adults: The why, when and how of ligament reconstruction. *Orthop Traumatol Surg Res.* 2023 Feb;109(1S):103449. doi: 10.1016/j.otsr.2022.103449. Epub 2022 Oct 20. PMID: 36273505.