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## Preface

The understanding of elbow instability has exponentially grown over the past 25–30 years. Very limited knowledge existed prior to that point even with regard to the basic anatomy and mechanics of the various elbow stabilizers. Most injuries were treated conservatively except for highly displaced fractures or grossly unstable joints, and often there was no set algorithm or strategy in treating these injuries leading to unpredictable results. With anatomic and mechanical studies defining the critical stabilizers of the elbow and a more concentrated focus on clinical outcomes and developing protocols for treating certain patterns of elbow instability, the results of nonoperative and operative treatment have improved. Recent refinements of injury and fracture classifications and identification of new injury patterns have increased the percentage of successful results in these often challenging cases. With such a rapid growth in knowledge, it can be extremely challenging for surgeons to have a full understanding of what is the most “up-to-date” treatment for these injuries. Most often this requires searching through the literature and arriving at a conclusion based upon the assimilation of material from several articles. Up until this point, no single resource has distilled this information on the topic of elbow instability in a usable form that can be easily applied to everyday clinical use. This deficiency was the origins of the current textbook.

I am grateful to have recruited a group of experts in the field of elbow surgery to put together a series of manuscripts outlining the current treatment strategies for all aspects of elbow instability. The initial chapters focus on anatomy, biomechanics, and the most currently utilized surgical approaches for the treatment of elbow instability. The following chapters focus on the evaluation and surgical treatments of acute and chronic elbow instabilities. The authors have not only assimilated the data in the literature to make clear recommendations as to the most appropriate treatment for these injuries but also added their own personal “pearls of wisdom” in both their diagnosis and surgical management. I want to individually thank each author for putting the time and effort required to make this project a reality. I hope the readers will find the text a reference that they will return to over and over to help guide them in the management of each of these challenging problems.

Our goal with this text was to put everything regarding elbow instability “under one roof” and thereby making it an almost essential resource for surgeons treating these injuries. I think we have achieved and surpassed these goals beyond my expectations and I hope the readers feel this way as well. Finally, I hope this text is a springboard for further research on the treatment

of these injuries. The text allows a “big picture look” at the problem, and this often allows gaps in our knowledge and treatments to be identified. We hope this textbook serves you and your patients well and also provides a platform for identifying areas of treatment that need to be expanded and improved upon in the future.

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