

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Olecranon Traction Spur

Problem

- Bony spur over the tip of the elbow

Cause

- Traction spurs are caused by repetitive strain to triceps tendon insertion.

Diagnosis

- Clinical exam will show obvious swelling over the olecranon
- Plain x-rays are taken to look for any underlying bone or joint problem, or ununited fracture.

Treatment

- Non operative measures such as anti-inflammatories, are sometimes successful.
- In recalcitrant cases surgical excision is required.
- Operation usually, general anaesthetic, excision of the spur, with smoothing of the bone.
- The patient is usually placed in a splint to restrict elbow motion for two to three weeks, or a bulky bandage.

Potential Complications

- Infection, Haematoma, stiffness
- Can get recurrence of the spur.
- The biggest issue is with wound healing

Post Operative Care

- Analgesia, Elevation,
- Back slab for two to three weeks until wound is well healed, or bulky bandage.