# INTRODUCTION

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The elbow is one of the most important joints of the upper extremity, because it places the hand in space away from or toward the body, it provides the linkage, allowing the hand to be brought to the trunk, head, or mouth.

Normally, the arc of flexion - extension ranges from 0 to 150 degrees and the arc of supination - pronation ranges from 80 degrees in supination to 75 degrees in pronation. This range far exceeds what is normally required for activities of daily living, which usually ranges from 30 degrees in extension to about 130 degrees in flexion. Supination-pronation is from 50 degrees in pronation to 50 degrees in supination. **(Vasen et al , 1995)**

The post-traumatic elbow stiffness is considered as one of the most well recognized complication following elbow joint trauma and this is due to specific anatomy of elbow joint and the way that peri-articular tissues are responded to vary types of trauma. The pathology of post-traumatic elbow stiffness can be classified into extra-articular causes, intra-articular causes and mixed causes. **(Morrey , 2005)**

For many years, the post-traumatic elbow stiffness was believed to be unavoidable and almost untreatable but the more aggressive approach to the causes of the problem and recent advance in elbow arthroplasty have changed this opinion in recent years.