

# PAEDIATRICS

## CRITOL



Mnemonic	Ossification Centre	Age (may vary)
C	Capitellum	1
R	Radial head	3
I	Internal Epicondyle	5
T	Trochlea	7
O	Olecranon	9
L	Lateral Epicondyle	11

## Clinical Significance

- 6 ossification centres appear in the elbow between in 6 months and 12 years.
- The order in which these form is relatively consistent.
- The trochlear centre always forms after the internal epicondylar centre.
- If the trochlear centre is seen there must be a visible epicondylar centre – check its position. If it is not seen it may be grossly avulsed, displaced and trapped in the elbow joint masquerading as the trochlear centre. The medial epicondyle is the point of attachment for the forearm flexor muscles; avulsion results from injuries which cause vigorous contraction of these muscles. The usual mechanism is a fall onto an outstretched arm or from partaking in a throwing sport.



The first x-ray is normal as both the internal epicondylar and trochlear centres can be seen.

In the second XR there is an area of bone where the trochlear centre would be (arrow). However, the internal epicondylar centre should be visible before the trochlear centre becomes visible. Given that no internal epicondylar centre is visible in the normal location the arrowed fragment of bone is actually an avulsed internal epicondylar ossification centre.