

Elbow Arthroscopy

What Is Elbow Arthroscopy (Keyhole) Surgery?

The elbow is a complex hinge joint formed by the articulation of three bones – humerus, radius and ulna. The upper arm bone or humerus connects the shoulder to the elbow forming the upper portion of the hinge joint. The lower arm consists of two bones, the radius, and the ulna. These bones connect the wrist to the elbow forming the lower portion of the hinge joint. The three joints of the elbow are.

What Does The Procedure Involve?

The procedure typically involves:

- Making small incisions around the elbow.
- Inserting an arthroscope (a small camera) into the joint to provide a clear view of the elbow's interior on a monitor.
- Using miniature surgical instruments to conduct repairs, such as removing loose bodies, shaving bone spurs, or repairing damaged tissues.
- The procedure is usually done under general anaesthesia or regional anaesthesia, allowing for pain-free surgery.

What Are The Possible Risks And Complications?

As with any surgical procedure, elbow arthroscopy carries potential risks and complications, though it's generally considered safe. Possible risks include:

- Infection at the site of the incisions.
- Damage to nerves or blood vessels around the elbow.
- Complications related to anaesthesia.
- Persistent pain or stiffness in the elbow.
- The need for further surgery if the initial procedure does not resolve the issue.

What Happens After Surgery?

Recovery from elbow arthroscopy can vary depending on the extent of the surgery and the individual's overall health. Post-surgery, patients may experience:

- A period of immobilisation with a splint or brace to protect the joint as it begins to heal.
- Prescription of pain management medications to manage discomfort.
- A recommendation for physical therapy to restore range of motion, strength, and function to the elbow.
- Regular follow-up appointments to monitor the healing process.