

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Elbow Arthroscopy**

**Problem**

- Pain and discomfort in the elbow, usually with associated locking symptoms.

**Cause**

- Inflammation in the elbow joint, synovitis.
- Loose pieces of bone causing locking type symptoms.
- Bony spurs leading to impingement.

**Diagnosis**

- Pain and discomfort that localises to the elbow, history of the joint locking.
- Plain x-rays normally alert one to the diagnosis of a joint issue.
- MR scans useful to look for synovitis.
- CT scan useful to look for loose bodies and bony spurs.

**Treatment**

- Surgical
  - Small portals are made around the elbow.
    - - Small camera used to look into the elbow joint.
    - - Small instruments used to debride synovitis and bone spurs.
    - - Loose bodies can sometimes be removed arthroscopically or may require a mini open approach.

**Potential Complications**

- Infection, haematoma, neurovascular injury.

**Post Op Care**

- Padded crepe
- Hand therapy