Arthroscopic Elbow Contracture Release: How to Reach Every Corner of a Tight Joint

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Indications for Elbow Arthroscopy

• Diagnostic arthroscopy
• Debridement/Microfracture of OCD
• Loose body removal
• Arthroscopic tennis elbow release
• Arthroscopic radial head excision
• Complete synovectomy for rheumatoid elbow
  – Annular ligament release and repair
• Arthroscopic capsulectomy/contracture release

Complications

• Nerve Injury
• Infection
• Persistent contracture
• Compartment syndrome
• Prolonged Drainage from Portal Sites

Disclosures

No financial disclosures relevant to this presentation.
Committee Service: AAOS, AOSSM, AANA, ESSKA, ISAKOS, NESES

Patient Positioning

Lateral Decubitus
  – Beanbag
  – Axillary roll
  – Arm holder
  – Nonsterile tourniquet
  – Lowest fluid pump setting

Risk of Nerve Injury

• Creates anxiety
• Limits indications for elbow arthroscopy
• Limits exposure for trainees

Anterior interosseus nerve injury following elbow arthroscopy. Ruch DS, Poehling GG.
Department of Orthopaedic Surgery
Bowman Gray School of Medicine
Wake Forest University

Saline Injection for Capsular Distension

POST DISTENTION
Precondensation

POST DISTENTION
Precondensation

Posterior Impingement

Loose bodies are not always Loose!
Mid-Lateral Portal
Direct Lateral Portal
Soft-Spot Portal

Distal Ulnar Portal for Arthroscopic Elbow Microfracture for Osteochondritis Dissecans

Professional Baseball Player

Thank You
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