

Paper #59

Clinical Outcome of Arthroscopic Treatment for Posteromedial Elbow Impingement in Adolescent Baseball Players

Toshiyuki Iwame, MD, JAPAN

Tetsuya Matsuura, MD, PhD, JAPAN

Naoto Suzue, MD, PhD, JAPAN

Jyoji Iwase, MD, JAPAN

Shunsuke Tamaki, MD, JAPAN

Kenji Yokoyama, MD, JAPAN

Koichi Sairyō, MD, PhD, JAPAN

Tokushima University

Tokushima, JAPAN

Summary:

Arthroscopic debridement, excision of the olecranon spur, and removal of fragments yield reliable subjective and objective results and allow a return to baseball in adolescent patients.

Abstract:

Purpose

To evaluate the clinical outcomes of arthroscopic treatment in adolescent baseball players with posteromedial elbow impingement.

Methods

This retrospective study evaluated the clinical outcome of arthroscopic treatment for posteromedial elbow impingement in adolescent baseball players. Patients were eligible for participation if they had undergone surgery at least 2 years earlier and excluded if they had arthritis, loose bodies, osteochondritis dissecans, ulnar collateral ligament tear, flexor/pronator mass or medial epicondylitis, or nerve problems. Patients were also excluded if they had undergone prior elbow surgery, were younger than 13 years, or were older than 19 years. Arthroscopic treatment included debridement of posteromedial synovitis, fragment removal, and olecranon spur excision. At a mean follow-up of 26.7 (range 24-42) months, patients were evaluated based on a questionnaire, examination, and their previously reported elbow outcome score.

Results

This retrospective study involved 15 male patients, comprising 6 pitchers, 3 catchers, and 6 fielders, of mean age 15.7 (range 14-17) years. Mean time from onset of symptoms to surgery was 4.9 (range 3-18) months. Intraoperative findings included posteromedial synovitis and olecranon spurs in all patients and fragments in 10. The elbow outcome score was considered excellent in 11 patients and good in 2, with a mean score of 92 points (maximum 100 points). The mean postoperative range of motion at the elbow was 5° to 139.7° of flexion. All patients were able to return to their previous level of play after an average of 3.4 (range 2.5-4.5) months. No patient developed medial instability that later required reconstructive surgery.

Conclusions

ISAKOS

International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine

12th Biennial ISAKOS Congress • May 12-16, 2019 • Cancun, Mexico

Paper #59

Posteromedial elbow impingement is a source of disability in adolescent baseball players. Arthroscopic debridement, excision of the olecranon spur, and removal of fragments yield reliable subjective and objective results and allow a return to baseball in adolescent patients.