



CLINIQUE
CHIRURGICALE
DE LAVAL

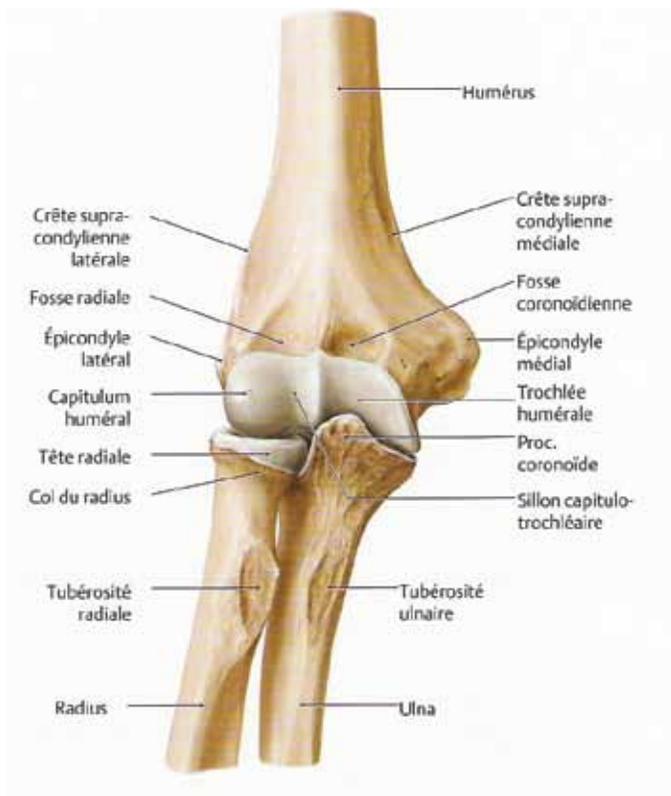
ELBOW

practical guide:
Elbow

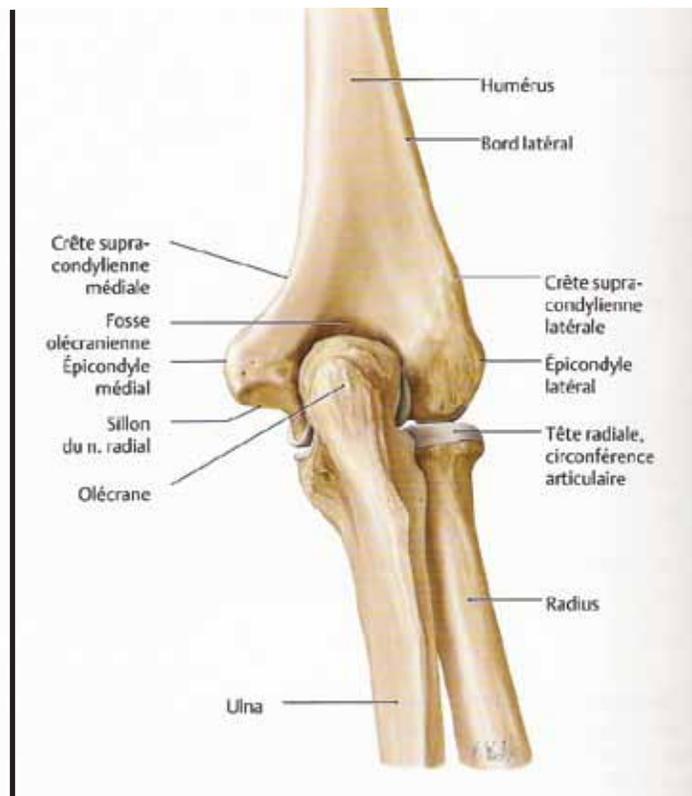


Practical guide: Elbow

The elbow joint is connected to three bones: the humerus, the radius and the ulna, as well as to ligaments and muscles that stabilize the joint. The synovial membrane lining the joint forms a pouch containing liquid and acts as lubrication.



Vue antérieure



vue postérieure

The surgery is performed either by arthroscopy or by an opening, or a combination of both.

Here is a brief description of elbow surgeries. Do not hesitate to ask questions if you need additional information. This will ensure you have all the needed instructions. It's important to be well prepared.

It is important to stop taking any anti-inflammatory medication or aspirin 7 days before the surgery.

Arthroscopy

Arthroscopy permits the surgeon to view the inside of the elbow by means of a small camera called an arthroscope. The surgeon can thus examine the structure of the elbow, come up with an exact diagnosis and proceed with surgery using mini-instruments. Two or three small incisions (approx. one centimetre in length) will be made to insert the arthroscope and the instruments.



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Arthroplasty

Arthroplasty is surgery to relieve pain and restore range of motion by realigning or reconstructing a joint.

Synovectomy

Surgical removal of part or all of the synovial membrane of a joint.

Excision of Articular Mouse

Removal of the joint mouse (a movable fragment of cartilage or other body) within a joint.

Arthrolysis

The surgical restoration of mobility in ankylosed joints. Surgery performed mainly at the level of the capsule and ligaments.

Debridement

This surgery releases contracted structures in order to improve joint motion and decrease pain.

Tendon Release (epicondylitis/golfer's elbow)

Epicondylitis is the painful inflammation of the extensor tendons of the wrist. Golfer's elbow is the inflammation of the flexor tendons of the wrist. The goal of the surgery is to decrease chronic tensions in these tendons either by reintegration and/or excision of a pathological tissue when inflammation has become chronic and/ or following the repair of tissue wounds.

Transposition of the Ulnar Nerve

The ulnar nerve is situated in the internal region of the elbow where there could be compression; the surgery therefore releases the nerve by modifying its position.

Reconstruction of Distal Biceps

Repair of the bicipital tendon near the elbow, following a tear.

Ligament Reconstruction

Repair of injured ligaments.

Fracture Osteosynthesis

Repair of a fracture with plate and screws.

Bursectomy

Surgical removal of an inflamed bursa of the elbow.

Post-surgical Instructions for the Elbow

To help with your recovery from an elbow surgery, the following exercises are recommended in order to avoid complications such as ankylosis, stiffness and swelling.

- Elevate the elbow. You can use a pillow.
- Apply ice 15 minutes every two hours for the first days.
- Move your fingers frequently.
- Do flexion/extension movements with the wrist, unless otherwise instructed by the surgeon.

Please wait for the next visit to your surgeon or for your first appointment in physiotherapy before doing any other exercises. You will then be given further instructions on doing specific exercises depending on the type of surgery performed.

Getting sufficient rest and respecting your limitations also help in the recovery. Take care of yourself and do not hesitate to ask for help. Remember, your recovery period is only temporary.