

عنوان مقاله:

Midterm Results of Arthroscopic Treatment for Recalcitrant Lateral Epicondylitis of the Elbow

محل انتشار:

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خلاصه مقاله:

Background: An effective treatment for the elbow recalcitrant lateral epicondylitis is arthroscopic surgery. This study evaluated the midterm results of treating recalcitrant lateral epicondylitis with arthroscopic surgery. **Methods:** A total of 40 subjects with recalcitrant lateral epicondylitis prepared for arthroscopic surgery on their elbows participated in this study. The elbow function was evaluated using the Quick disabilities of the arm, shoulder, and hand (Quick DASH) score. Pain intensity was assessed before and after the surgery by the visual analog scale (VAS). Grip and pinch strengths were assessed by a dynamometer. **Results:** In this study, the mean age of the participants was 42.9 ± 6.4 years. The average follow-up time was 42 months. The mean of VAS (pain intensities) were 7.05 and 3.20 before and after the surgery, respectively ($P=0.001$). The Quick DASH score decreased from 63.18 to 25.68 from before to after the surgery ($P=0.001$). The mean grip strength of the operated and nonoperated sides was not significantly different after the surgery. **Conclusion:** Arthroscopic surgery seems to be an effective method with few complications in patients suffering from elbow recalcitrant lateral epicondylitis in the midterm follow-up. **Level of evidence:** II

کلمات کلیدی:

Arthroscopy, Function, Lateral epicondylitis, Pain, Tennis elbow, Strength

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