Orthopedics

Elbow denervation: a simple option for painful problems
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Background: Elbow arthropathy is common after traumatic and degenerative diseases. This painful condition causes a great impact on motion and strength which can affect the ability to work or even to perform daily activities. Surgical options available after failure of conservative treatment includes arthroplasty or arthrodesis, such options are unsatisfactory in young age groups. For such reason elbow denervation is considered a promising surgical option.
Aim: To evaluate the surgical technique and Results of elbow denervation as a treatment option for arthritic elbows in young active patients who have a good or restorable range of motion (ROM).

Design Methods: We conducted a prospective study on the effect of denervation procedure (for stiff arthritic elbow joints treated by artholysis) on pain relief, grip strength and functional outcome using the Mayo elbow performance index (MEPI).
Results: Elbow denervation was done in ten patients by the same surgeon with an average follow-up duration of twenty-four months. All patients showed improvement in MEPI from an average of 40 preoperatively to 75 postoperatively.
Discussion/Conclusion: Elbow denervation showed promising Results in young active patients with good or restorable ROM. It is indicated in conditions when arthrodesis is not well tolerated, and when the Results of arthroplasty could be controversial. The surgical technique was simple. Further work on large group of patients is needed to provide us with accurate knowledge about the long term Results.