

Information about Elbow Surgery

The elbow joint is a link between shoulder and wrist. This plays a pivotal role in complex upper limb functions including activities of daily living and sports. There are many common elbow conditions especially tennis and golfers elbow. There is also the ulnar nerve compression the second commonest nerve entrapment after carpal tunnel syndrome.

Mr Waseem can advise you on the most appropriate treatment options including injections, splintage, physiotherapy or surgery. The up to date information for patients on most common conditions and their treatment options is also available.

The keyhole surgery and replacements of elbow joint complete or partial are a specialist field practiced by Mr Waseem.

The elbow joint require special braces for mobilisation which at times need to be custom fitted this is an area which is well organised and supported by specialist Physiotherapists and occupational therapists.

Common conditions

Treatment

Elbow injury and dislocations/biceps tendon rupture	Tendon repair fracture fixation
Arthritis and radial head conditions	Replacement, arthroscopic keyhole clean up, OK procedure, Radial head replacement
Plica syndrome and Bursitis	Injection Keyhole surgery
Tendinitis Golfer's and Tennis Elbow	Injection, Percutaneous or open release
Cubital Tunnel syndrome or ulnar nerve entrapment	Release , nerve stabilisation re-alignment
Instability including chronic and acute	Complex reconstruction with tendon grafts