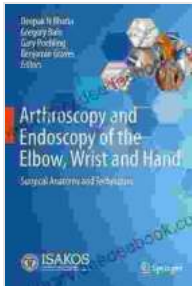


# Arthroscopy and Endoscopy of the Hand, Wrist, and Elbow: A Comprehensive Guide



## Arthroscopy and Endoscopy of the Hand, Wrist and Elbow: Principle and Practice by Rahul Roushan

★★★★☆ 4.7 out of 5

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Enhanced typesetting	: Enabled
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Arthroscopy and endoscopy are minimally invasive surgical procedures used to diagnose and treat a range of conditions affecting the hand, wrist, and elbow. These procedures allow surgeons to visualize the inside of a joint or tendon sheath without making large incisions.

## Arthroscopy

Arthroscopy is a surgical procedure that involves making small incisions in the skin and inserting a thin, lighted tube, called an arthroscope, into the joint. The arthroscope transmits images of the inside of the joint to a monitor in the operating room, allowing the surgeon to see the joint clearly and perform surgery as needed.

Arthroscopy can be used to diagnose and treat a variety of conditions, including:

- Carpal tunnel syndrome
- Cubital tunnel syndrome
- Tendonitis
- Arthritis
- Tears in the ligaments or tendons
- Loose bodies in the joint

Arthroscopy is a relatively safe and effective procedure. The majority of patients experience significant relief from their symptoms after arthroscopy.

## **Endoscopy**

Endoscopy is a surgical procedure that involves making small incisions in the skin and inserting a thin, lighted tube, called an endoscope, into a tendon sheath or other body cavity. The endoscope transmits images of the inside of the tendon sheath or body cavity to a monitor in the operating room, allowing the surgeon to see the area clearly and perform surgery as needed.

Endoscopy can be used to diagnose and treat a variety of conditions, including:

- Tendonitis
- Stenosing tenosynovitis (trigger finger or trigger thumb)

- Ganglion cysts
- Loose bodies in the tendon sheath
- Carpal tunnel syndrome

Endoscopy is a relatively safe and effective procedure. The majority of patients experience significant relief from their symptoms after endoscopy.

### **Recovery from Arthroscopy and Endoscopy**

The recovery time from arthroscopy or endoscopy varies depending on the procedure performed and the individual patient. Most patients can expect to return to their normal activities within a few weeks.

Following arthroscopy or endoscopy, patients may experience some pain and swelling. This can be managed with over-the-counter pain medication and ice packs.

Patients may also be advised to wear a splint or cast for a period of time to protect the joint or tendon sheath. This will help to prevent further injury and promote healing.

### **Risks of Arthroscopy and Endoscopy**

As with any surgical procedure, there are some risks associated with arthroscopy and endoscopy. These risks include:

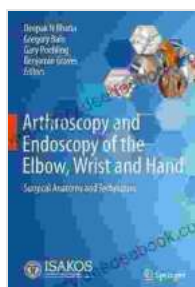
- Infection
- Bleeding
- Nerve damage

- Blood clots
- Allergic reaction to anesthesia

The risks of arthroscopy and endoscopy are relatively low. However, it is important to discuss these risks with your surgeon before the procedure.

Arthroscopy and endoscopy are valuable tools for diagnosing and treating a variety of conditions affecting the hand, wrist, and elbow. These procedures are relatively safe and effective, and most patients experience significant relief from their symptoms after surgery.

If you are experiencing pain or other symptoms in your hand, wrist, or elbow, talk to your doctor to see if arthroscopy or endoscopy may be right for you.



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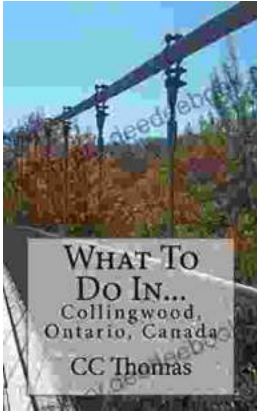
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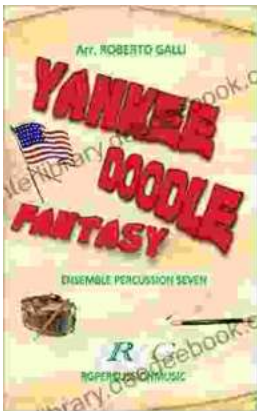
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