

Arthroscopic ECRB Release (KY)

-Place spinal needle into the elbow at the lateral soft spot at an angle until it goes in deep. Inject the elbow with 15-20cc of saline and make sure the lateral skin is not blowing up and draw back some fluid. The elbow should extend slightly with injection.

-Feel the “soft spot” medially and go just anterior to this for the anteromedial portal (this should be more medial than you think because of swelling and you don’t want the distal humerus to block you).

-Use dilator needle to localize the lateral portal (close to the humerus at the level of the radiocapitellar joint). Dilate up to appropriate level (second largest) and then hold it to determine the entrance angle for the shaver.

-Place shaver into the joint and debride synovitis and then take the capsule off the distal humerus to expose the ECRB (tendon) and take it down with shaver/arthrocare until the muscle of the ECRL is exposed. Place a 2mm drill into the lateral portal, visualize the drill bit anterior to the capitellum and orient then place into the epicondyle and then drill to stimulate bleeding.

-Turn attention to the posterolateral portal. Place knife directly into the fossa and then put trochar into the olecranon fossa and clear it off by sweeping. Then make the trans-tricipital portal and put shaver into this. Clear out the fossa and find the lateral joint line and follow this into the lateral gutter and visualize the radial head. Make the “soft spot” portal and then put shaver into this portal and shave out the remaining tissue around the radial head. KY says there is always a little tissue left over the radial head.

-Inject 40mg (1cc) of Kenalog with 5 cc Marcaine post-op.