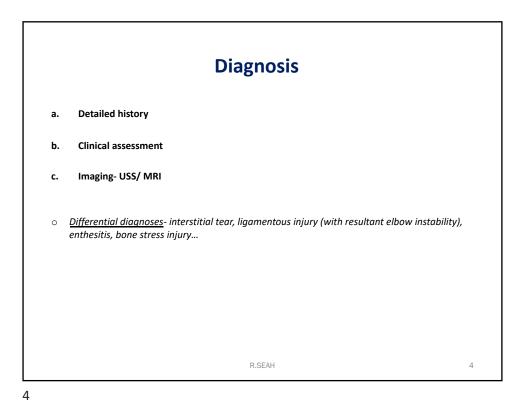
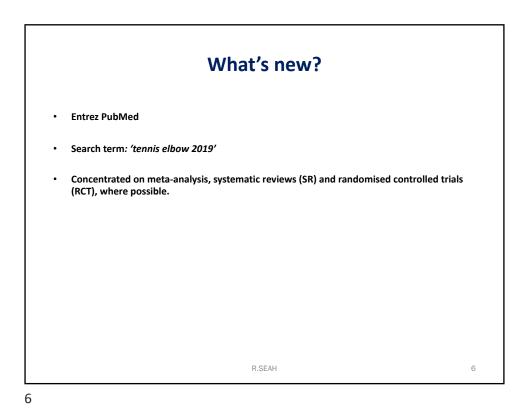
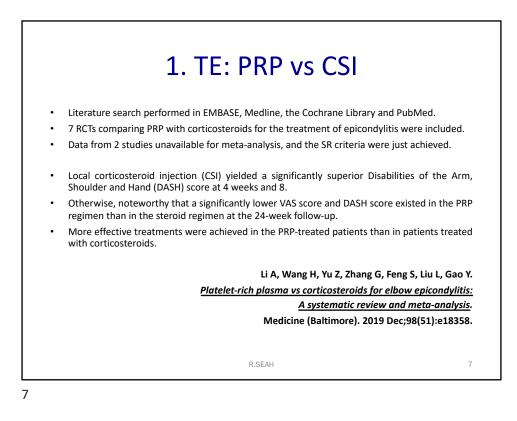


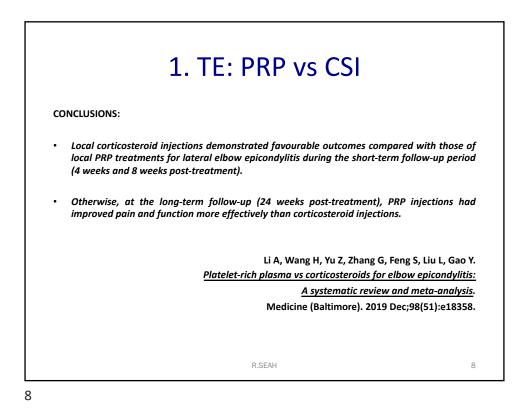
		Overview
C	C	'Tennis elbow' (TE) is a common condition that presents with pain and tenderness around the common extensor origin of the elbow.
C	С	Estimated to affect 1-3% of the adult population each year and is more common in the dominant arm.
C	С	Generally regarded as an overuse injury involving repeated wrist extension against resistance, although it can occur as an acute injury (trauma to the lateral elbow).
C	С	Amateur tennis players can develop symptoms due to various factors, including poor swing technique and the use of heavy racquets.
C	С	Also seen in labourers who utilise heavy tools or engage in repetitive gripping or lifting tasks.
		Cutts S, Gangoo S, Modi N, Pasapula C. <u>Tennis elbow: A clinical review article</u> . J Orthop. 2019 Aug 10;17:203-207.
		R.SEAH 3
-		

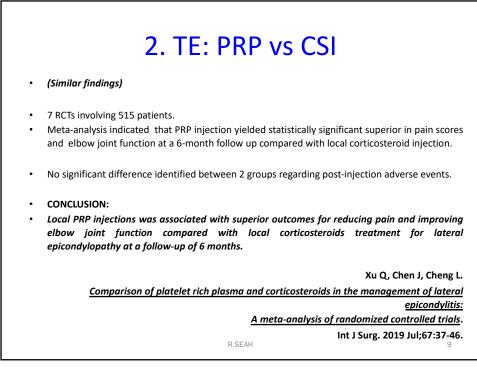


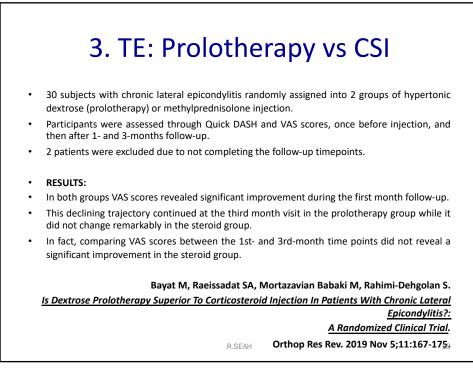
	Management options	
•	Broadly speaking	
a.	Rehabilitation (physiotherapy)	
b.	Injections therapy options (corticosteroid, platelet-rich plasma (PRP), prolotherapy)	
c.	Non-injection therapy options (shockwave therapy (ESWT))	
d.	Surgery	
	R.SEAH	5

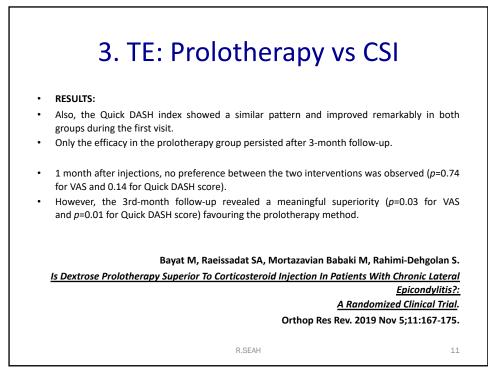


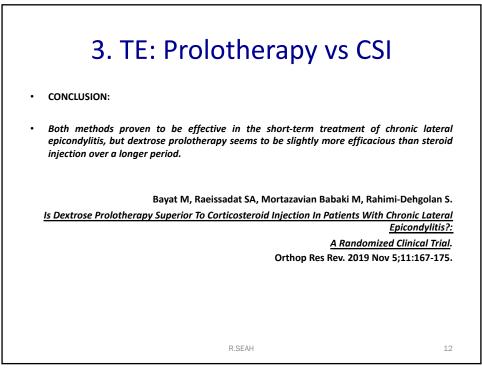


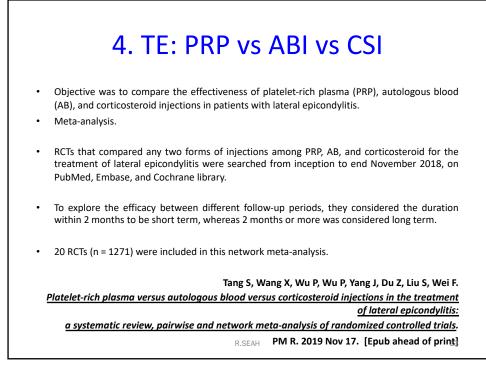


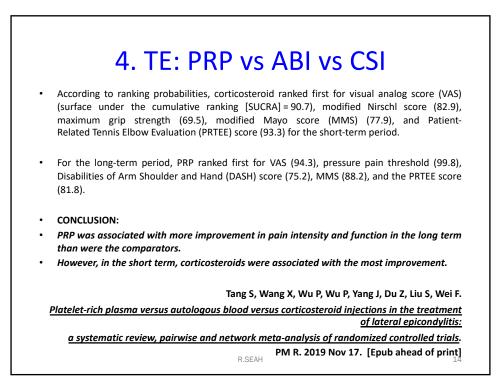














- Arthroscopic debridement (AD) and open debridement (OD) of extensor carpi radialis brevis (ECRB) are effective in the treatment of lateral epicondylitis. Despite this, few studies have focused on the comparative outcomes of these 2 procedures.
- A systematic search to identify relevant articles that were published in MEDLINE, Embase, and Cochrane Library databases during January 2019.
- All studies comparing the efficacy of AD and OD in terms of failure rate, complication rate, and clinical outcome measures were included. Statistical analysis was performed using Review Manager.
- 6 clinical trials were included in the current meta-analysis.

Wang W, Chen J, Lou J, Shentu G, Xu G. <u>Comparison of arthroscopic debridement and open debridement in the management of lateral</u> <u>epicondylitis:</u> <u>A systematic review and meta-analysis.</u> <sub>R op</sub>Medicine (Baltimore). 2019 Nov;98(44):e17668.

