

Cycle 5
2504 - Treatment for Elbow Arthritis
SCRIPT

(1)

BRIAN HILD, MD:

Depending on the amount of arthritis that's in the elbow, and the age group of the population, the treatment can differ. And the treatment options can vary all the way from rest, all the way up to almost elbow replacement. The treatment of elbow arthritis has multiple factors. Medical management is usually what we would like to try first. Over-the-counter anti-inflammatories, keeping the elbow or the joint warm, physical therapy to try to maintain motion of the elbow.

(2)

EMIL DIONYSIAN, MD:

Once you have arthritis, then there are treatments that we have. None of them are perfect. However we can decrease inflammation, again by changing diet to an anti-inflammatory type diet, doing more exercises and stretching exercises so the joints are looser, there's less pressure in the joint itself. And depending on what, kind of arthritis, there are different medications available.

(3)

BRIAN HILD, MD:

If the pain gets to the point where these aren't working, possibly a cortisone injection may help. Unfortunately at this time, we don't have a way to reverse the damage that's already happened to a joint, and it's really symptomatic pain management.

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EMIL DIONYSIAN, MD:

If the debility is too much and the stiffness or clicking or locking is causing problem, then there is orthoscopic surgery where we put a camera in the joint and look for inflamed tissue to remove. And then ultimately, in an end-stage case where there is really nothing left at the joint, we can replace the joint.

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BRIAN HILD, MD:

The unfortunate thing with elbow replacements is they do great for relieving pain, but the elbow is a very unforgiving hinge. And we have to make a hinge out of metal, and it doesn't last in regards to the stress that we put across the elbow on a daily basis.

(6)

EMIL DIONYSIAN, MD:

Like any arthritis, number one is it's diet and lifestyle. Once that's corrected, then you want to avoid injury. So you're in a sport that puts excessive pressure on the elbow, you want to avoid that. And also having your muscles toned up so you have the strength to hold onto the pressure on the elbow and not all the pressure going to the joint.

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