

Conditions that can be Treated using Arthroscopy



Orthopedic surgeries have improved a lot in the last few decades. This has been made possible due to continuous research in the orthopedic sector along with the advancements in the quality of [orthopedic implants](#) and instruments. These days, arthroscopy is preferred by surgeons the most. The reason for this is several advantages over the procedure over conventional surgeries. But this doesn't mean that all orthopedic conditions can be treated with arthroscopy. Some considerations need to be made before deciding whether arthroscopy will be feasible or not.

In this post, we will see which orthopedic conditions can be treated with arthroscopy. But before that, let us have an introduction to arthroscopy.

What is Arthroscopy?

Arthroscopy is a type of minimally invasive surgery that is performed to treat musculoskeletal problems affecting the joint. Not only the treatment but arthroscopy is also used for the diagnosis of musculoskeletal problems. This surgical technique requires a small incision on the affected site to insert an arthroscope. It is a small wire having a tiny camera that is inserted inside the affected joint to diagnose the condition causing painful symptoms. When arthroscopy is performed to operate and treat a condition, the surgeon may make one or more incisions to insert small implants and instruments that are required for the treatment. The camera attached to the arthroscope displays the pictures on a big high-definition screen. Hence, the surgeons can have a bigger and better look at the affected joint to identify the problem and treat it without making a big incision.

Which Conditions can be Treated Using Arthroscopy?

Arthroscopy is done to treat joint problems involving the hip, knee, ankle, wrist, elbow, and shoulder joints. But not all joint conditions can be treated with arthroscopy. Here are some of the problems that arthroscopy can fix:

Rotator cuff tear

Meniscal tear

Impingement syndrome

Carpal tunnel syndrome

Anterior cruciate ligament tear

Chondromalacia

Frozen shoulder

Loose bone fragments in the joints

Ganglion cysts

Foot and ankle arthritis

Inflammation of the synovium of the shoulder, elbow, wrist, ankle, and knee

Arthroscopy is not feasible for all patients with joint problems. Certain factors are considered by the surgeon to decide on whom arthroscopy can be performed. Some of the key parameters that a surgeon may look for include:

The age of the patient

Joint affected

The severity of the condition

Underlying health condition of the patient

What Are the Advantages of Arthroscopy?

Arthroscopy has several advantages over conventional surgeries and that makes it beneficial for both the surgeons as well the patients. Here are some of the benefits of the procedure:

Small Incision

In most arthroscopies, only one or two buttonhole-sized incisions are required. One is needed to insert an arthroscope whereas others are used for inserting orthopedic implants and instruments. No large incisions are required during arthroscopy like during conventional surgeries.

Less Blood Loss

Smaller incisions mean less blood loss and hence, this is one of the biggest advantages.

Faster Recovery

Arthroscopy also incurs minimal damage to muscles and tissues and as a result, faster healing is experienced by people.

Less Reliance on Medicines

Post-surgical pain after arthroscopy is less and this results in the use of fewer pain medications

Early Hospital Discharge

After arthroscopy, the patient is discharged from the hospital early. In some cases, same-day discharge is given.

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Source:

<http://trauma-implants.bravesites.com/entries/general/Conditions-that-can-be-Treated-using-Arthroscopy>