



## **TITLE: Comparative Study of Arthroscopic Interventions for Chronic Lateral Epicondylitis (Tennis Elbow): ECRB Muscle-Only Release vs. ECRB Release with Lateral Epicondyle Drilling**

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### **ABSTRACT**

*Purpose:* This study aimed to assess the effectiveness of arthroscopic interventions as minimally invasive treatments for resistant cases of tennis elbow unresponsive to conventional methods. Additionally, it sought to compare the outcomes of two arthroscopic techniques: ECRB release alone and ECRB release combined with lateral epicondyle decortication.

*Materials and Methods:* A prospective comparative study was conducted between June 2018 and June 2019 at Sohag University Hospital, involving twenty patients with resistant chronic lateral epicondylitis. Among these patients, ten underwent arthroscopic ECRB release only, while the other ten underwent ECRB release with lateral epicondyle decortication. The evaluation of pain and function included assessments using the visual analog scale (VAS), Quickdash score, and Nirschl staging score at various time points: preoperatively, postoperatively, two weeks, four weeks, ten weeks, and six months after the procedure.

*Results:* Both groups, those undergoing arthroscopic ECRB release alone and those with additional lateral epicondyle decortication, exhibited highly significant clinical improvements, as evidenced by decreased Quickdash, VAS, and Nirschl staging scores at each follow-up interval. However, there was no significant difference in functional outcomes between the two groups. Notably, the group undergoing simple ECRB release experienced minimal postoperative pain, early rehabilitation, and a prompt return to normal activity.

*Conclusion:* Arthroscopic ECRB release proves to be an effective treatment for patients with resistant tennis elbow. In contrast, lateral epicondyle decortication appears to result in increased postoperative pain without a concurrent improvement in clinical outcomes.

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### **BIOGRAPHY**

Ahmad Addosooki is currently a Professor in the Orthopedic Surgery Department at Sohag University, Egypt. Born on January 19, 1972, he has a rich educational background, earning his M.B.B.Ch. in September 1995, a master's degree in June 2000, and a Doctoral Degree on January 12, 2009, all from South Valley University.

Dr. Addosooki's extensive work experience includes roles as Resident, Assistant Lecturer, and Lecturer at South Valley University. He pursued an Advanced Clinical Fellowship in Hand and Microsurgery at Yamaguchi University, Japan, from July 2005 to May 2007. He was appointed as an Associate Professor in June 2014 and became a Professor of Orthopedic Surgery at Sohag University in July 2020. Furthermore, he has the honor of serving as the Chair of the SICOT Microsurgery Committee.

