

Everything You Need to Know About Arthroscopy



The field of orthopedics is gaining new heights year by year with continuous advancements in its [Orthopedic Implants and Instruments](#), machines, and techniques. In this post, we will also be talking about one such advanced surgical technique that is known as arthroscopy.

Arthroscopy is a minimally invasive technique for doing orthopedic surgeries. It has several advantages over conventional surgical techniques. Let us have look at the procedure in detail.

What is Arthroscopy?

Arthroscopy is a procedure that is used for the diagnosis and treatment of joint problems. This procedure involves inserting a narrow tube with a video camera attached to it via a small incision in the affected joint. The

camera shows clear pictures of inside the joint hence, the surgeon can precisely perform the procedure.

One of the biggest advantages of this technique is that the surgeon can clearly see inside the joint without making a big incision. But one thing that you should know here is that arthroscopy cannot be performed on all patients, as the surgeon decides whether this procedure will be feasible or not. Special small-sized surgical instruments are used for this procedure.

Why Arthroscopy is Done?

This technique is recommended for musculoskeletal problems when non-surgical techniques like splints, casts, or medications fail to provide relief. Arthroscopy is done for the diagnosis and treatment of a variety of joint problems. They may include:

Knee problems

Shoulder problems

Elbow problems

Ankle problems

Hip problems

Wrist problems

As also said above, the decision to perform arthroscopy will be taken after considering certain factors. This is because the procedure is not feasible for all patients.

Which Types of Conditions Arthroscopy can Treat?

Here are some of the conditions that can be treated with arthroscopy:

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

Rotator cuff tear

Impingement syndrome

Recurrent shoulder dislocation

Anterior Cruciate Ligament tears

Injury to cartilage

Arthritis in the foot and ankle

Frozen shoulder

Loose bone fragments in the joint

Carpal tunnel syndrome

Ganglion cysts

What Are the Advantages of Arthroscopy?

There are several advantages of arthroscopy over conventional orthopedic surgeries. Let us have a look:

Only minor incisions are required in arthroscopy unlike a big one as in conventional methods

Less tissue damage during surgery ensures faster recovery

The patients who undergo arthroscopy tend to get early discharge when compared to those with conventional surgical techniques

Less post-surgical pain is experienced after arthroscopy

Minimal blood loss is experienced

Minimal scarring will be there after arthroscopy

What Are the Risks Associated with Arthroscopy?

There are certain risks associated with all types of surgeries and hence, there are some with arthroscopy as well:

Nerve or Tissue Damage

It is seen that the movement of tiny instruments in the joints can cause damage to joint structures.

Infection

The risk of infection is with all types of invasive surgeries and similar is the case with this procedure as well.

Blood Clotting

Not so common, but arthroscopy carries a risk of formation of blood clots in legs or lungs.

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