

MEETING NEWS COVERAGE VIDEO

**American Academy of Orthopaedic Surgeons  
Annual Meeting****VIDEO: A look at surgical vs non-surgical management of elbow arthritis in young athletes**

May 3, 2016



ORLANDO, Fla. — At the **American Academy of Orthopaedic Surgeons Annual Meeting, Mandeep Virk, MD**, spoke about both surgical and non-surgical techniques to treat young athletes with elbow arthritis. Non-surgical management includes rest, activity modification, anti-inflammatory medications, therapy and intraarticular injections. If this fails, either elbow arthroscopy or debridement is needed.

Arthroplasty use is limited for young patients. Unicompartmental elbow arthroplasty is a relatively new technique. There are no long-term results yet to prove efficacy of this management option in young patients.

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