

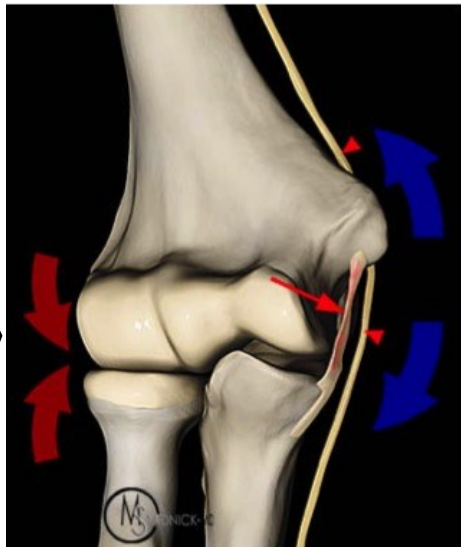
## What is OCD of the Elbow?

Osteochondritis Dissecans (OCD) of the elbow is a condition in which a piece of bone and cartilage are at risk of loosening and separating from the elbow joint. The bone supporting the joint surface loses its blood supply and a piece of bone and cartilage will eventually separate from the joint, causing pain, limited motion and degeneration of the elbow joint.

### Causes

OCD of the elbow can occur from several possible causes. These include:

- Blood supply problems
- Overuse
- Genetics



Overuse from excessive throwing or weight bearing activity causes compression forces on the outside of the elbow that can lead to OCD.

## Understanding Your OCD of the Elbow

### Treatment Options

Treatment depends on the age of the patient and the stability (looseness) of the OCD. Younger patients who are still growing and have stable lesions may heal with discontinuing throwing or weight bearing activity and rest.

Unstable lesions in older patients frequently need treatment with surgery. Surgery may involve removing loose bone fragments from the joint and/or drilling into the OCD lesion to stimulate healing.

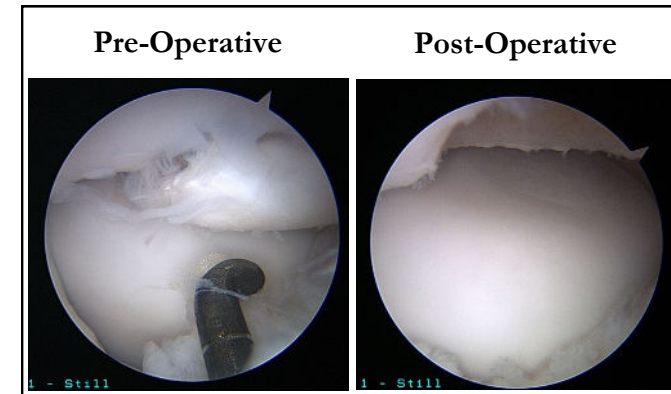
### Symptoms

OCD of the elbow may cause pain on the outside of the elbow. A child should stop throwing if any of the following symptoms occur: Elbow pain, restricted range of motion, popping or catching in the joint.

MRI showing separation of bone and cartilage from the joint.



Arthroscopic images showing removal of loose bone fragment from the joint.



Pre-Operative x-ray showing an OCD lesion before treatment with drilling

Post-Operative x-ray showing complete healing of the OCD lesion after

## Do you have Osteochondritis Dissecans?

Your doctor diagnoses osteochondritis dissecans of the elbow based on your symptoms, clinical examination, and x-rays. X-rays may be ordered by your doctor to confirm the diagnosis or to exclude other problems.

### Can OCD of the Elbow cause permanent damage?

Usually osteochondritis dissecans of the elbow does not cause permanent damage. If caught early enough and treated properly by an orthopaedic physician, the elbow will heal completely.



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## Osteochondritis Dissecans (OCD) of the Elbow

