

# Dr. Leonard J. Marchinski publishes explanatory article about Upper Extremity Orthopedics – Elbow Surgery

*A medical condition of the shoulder or arm severely affects one's daily activities. The new article by surgeon Leonard Marchinski, MD, explains treatments.*

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/EINPresswire.com/ -- The upper limbs or arms and hands are critical for performing almost every activity of daily life. Any disease or injury that affects a shoulder, elbow, forearm, wrist or hand also has a significant impact on a person's quality of life. Orthopaedic surgeon Dr. [Leonard J. Marchinski](https://leonardmarchinskimd.wordpress.com/) explains this subject in a new article. The complete article will be available on Dr. Marchinski's blog at <https://leonardmarchinskimd.wordpress.com/>



Dr Leonard Marchinski, surgery, Orthopaedic Surgeon in Pennsylvania

While upper extremity orthopedics refers to any process that is undertaken to treat a problem in the bones, joints, muscles, tissues, nerves, ligaments, and tendons of the hand and upper extremity area, this article focuses on elbow surgeries.

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Elbow surgeries are one of the most crucial ways for treating pain, swelling, tearing, fracture, or dislocation of the muscles, tendons, tissues, and bones that form the elbow joint.”

*Dr. Leonard J. Marchinski,  
Pennsylvania, orthopedic  
surgery*

## Structure of the Elbow Joint

Elbow is a hinge joint that connects the upper arm to the forearm via humerus and the radius and ulna, respectively. The joint is held together by the lateral collateral ligament (LCL) from the outside and the medial collateral ligament (MCL) from the inside. The joint is also surrounded by a set of muscles that facilitate its movements. The muscles are attached to the bones via tendons and protected by the cartilage covers at the ends. For further protection and

lubrication of the joint, bursa sacs are present.

## Elbow Surgeries

Just like all other areas of medicine, surgeries make one category of treatment procedures for conditions that affect the structure and/or functioning of the elbows. The elbow joint can get affected due to a variety of reasons, such as injuries, diseases, trauma, aging, and overuse. Common diseases and elbow conditions that may require surgery for treatment include:

- \* Arthritis
- \* Elbow stiffness
- \* Bone spur
- \* Fractures
- \* Dislocations
- \* Ulnar and radial nerve entrapment
- \* Elbow instability
- \* Tennis elbow
- \* Golf elbow
- \* Nerve palsy, i.e. the loss of flexion and extension of the elbow
- \* Radial tunnel syndrome
- \* Cubital tunnel syndrome
- \* Osteochondritis dissecans
- \* Olecranon bursitis
- \* Repetitive motion disorders

In most cases, surgery is the last choice of treatment and is only suggested or opted for when other measures, such as treatment, injection, splints, and physiotherapies, fail to provide relief.

### Methods of Elbow Surgeries

Elbow surgeries can be performed in the following two ways:

#### 1. Open Surgery

The surgical procedures performed in traditional ways i.e. by making incisions on or around the affected area are called open surgeries.

#### 2. Arthroscopic Surgery

Also called keyhole or minimally invasive surgeries, they are performed by using an endoscope. These types of surgeries have been increasingly preferred because of minimal incisions and shorter recovery periods.

### Types of Elbow Surgeries

Here are some of the most widely performed elbow surgeries:

- \* Ulnar Nerve

#### Decompression/Transposition

As evident from the name, this surgical procedure is performed to relieve pressure, and when necessary, reposition the ulnar nerve, which is responsible for providing muscles nerve supply and sensation to the forearm and the hand. Several factors can cause the ulnar nerve to get pressured and compressed and causes pain, numbness, and/or irritation in the elbow.

Some conditions that may increase the risk of ulnar nerve compression are cubital tunnel syndrome, fracture of the medial epicondyle – the area where the nerve is naturally located, rheumatoid arthritis, or even due to leaning of the elbow on a hard surface for a prolonged



Dr Leonard Marchinski, Orthopedic Surgeon in Pennsylvania



Dr Leonard Marchinski, Orthopaedic Doctor, reviewing x-ray

period of time.

During the ulnar nerve transposition surgery, the nerve is relocated from behind the medial epicondyle (its natural position) to the front of the elbow, so it no longer gets compressed or pinched.

#### \* ORIF

ORIF stands for Open Reduction and Internal Fixation. It is a type of elbow surgery that is performed to treat elbow fractures in cases where:

- \* The broken bone pierces through the skin
- \* The bone has broken into several pieces
- \* The broken pieces are significantly dislocated or out of alignment

These conditions usually occur when a person falls on an outstretched hand, but certain diseases, like osteoporosis, also increase the risk. The procedure involves repositioning the bones and fixing them in place with plates, screws, nail, or wires; whatever the surgeon deems necessary. The surgery is usually performed under general anesthesia.

#### The Bottom Line

Elbow surgeries are one of the most crucial ways for treating pain, swelling, tearing, fracture, or dislocation of the muscles, tendons, tissues, and bones that form the elbow joint. Hence, they make a crucial category of the upper extremity orthopedics.

About [Leonard Joseph Marchinski](#), MD

Dr. [Leonard Marchinski](#) is a medical doctor in Pennsylvania, focusing on orthopedic surgery. In addition to General Orthopedics, Dr. Marchinski provides medical and surgical treatments such as:

- \* Endoscopic Carpal Tunnel Release and treatment of similar Nerve Compression Syndromes
- \* Wrist Arthroscopy and treatment of Wrist Instability
- \* Reconstruction of the Base of the Thumb Joint
- \* Tendon and Ligament Repair, Reconstruction, Transfers
- \* Shoulder Replacement
- \* Operative and Non-Operative Fracture Care

Dr. Leonard J. Marchinski received his undergraduate education at St. Joseph's University in Philadelphia (Biology, 1974-1977), and his Medical Degree in 1981 from The Medical College of Pennsylvania (now Drexel-Hahnemann).

#### References

Website: <https://leonardmarchinskimd.com/>

Video: [https://video.vitals.com/Dr\\_Leonard\\_Marchinski.mp4](https://video.vitals.com/Dr_Leonard_Marchinski.mp4)

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Physician Profile Dr Leonard J Marchinski

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