

Wrist Arthroscopy Techniques: A Comprehensive Guide by Dr. Mazen Sinjab

Overview of Wrist Arthroscopy

Wrist arthroscopy is a minimally invasive surgical procedure that allows surgeons to diagnose and treat various wrist conditions through small incisions. This advanced technique utilizes a specialized camera and instruments to visualize and operate within the wrist joint, offering significant advantages over traditional open surgery.



Wrist Arthroscopy Techniques by Mazen M Sinjab

★★★★★ 5 out of 5

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Indications for Wrist Arthroscopy

- Tendon injuries, such as flexor or extensor tendon tears
- Ligament injuries, including scapholunate ligament tears
- Carpal tunnel syndrome
- Wrist arthritis
- Wrist instability

- Ganglion cysts

Surgical Approaches in Wrist Arthroscopy

Dr. Mazen Sinjab employs various surgical approaches in wrist arthroscopy, depending on the specific condition being treated:

- **Dorsal Approach:** This approach is commonly used for treating conditions on the top side of the wrist, such as extensor tendon tears and scapholunate ligament injuries.
- **Volar Approach:** This approach involves accessing the wrist joint from the palm side, making it suitable for addressing conditions affecting flexor tendons and the carpal tunnel.
- **Combined Approach:** In some cases, a combination of dorsal and volar approaches may be necessary to gain optimal visualization and access to the affected area.

Advanced Wrist Arthroscopy Techniques

- **Arthroscopic Wrist Joint Reconstruction:** This technique involves repairing severe wrist joint damage or instability using arthroscopic methods to restore wrist function.
- **Scapholunate Ligament Repair:** Dr. Sinjab specializes in arthroscopic scapholunate ligament repair, a complex procedure aimed at stabilizing the wrist joint and preventing further damage.
- **Distal Radius Fractures:** Wrist arthroscopy can assist in the treatment of distal radius fractures, allowing for precise reduction and fixation of bone fragments.

Benefits of Wrist Arthroscopy

Wrist arthroscopy offers several advantages over traditional open surgery, including:

- Minimally invasive, causing less trauma and scarring
- Faster recovery time
- Improved precision and visualization
- Reduced risk of complications
- Preservation of wrist motion and function

Wrist arthroscopy is a powerful tool in the hands of experienced surgeons like Dr. Mazen Sinjab. This minimally invasive technique enables precise diagnosis and treatment of various wrist conditions, offering significant benefits to patients. The advanced techniques described in this article showcase the continuous advancements in wrist arthroscopy, leading to improved patient outcomes and faster recovery.



Dr. Mazen Sinjab

Dr. Mazen Sinjab is a leading orthopedic surgeon specializing in wrist arthroscopy and minimally invasive techniques. His expertise in treating complex wrist conditions and implementing innovative surgical approaches has established him as a renowned expert in the field.

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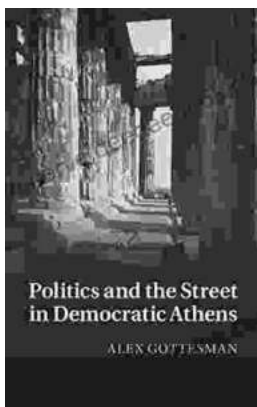
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