

## Endoscopic release in de Quervain's tenosynovitis : is it efficient and safe ?

Different arthroscopic procedures have already been described to perform a tendon release in de Quervain's disease. The goal of authors was to evaluate the efficiency of this arthroscopic release in a cadaveric and clinical series

In a cadaveric study, authors trained their skill to perform a full release of the first compartment, taking account the regular subcompartmentalisation issue of this first compartment. 5 specimen wrists were analysed with ultrasound and the procedure was performed with a specific blade prior to an open control of the efficiency of the release, and safety for the superficial nerves.

Then, we operated 5 continuous patients and we reported their results, concerning the morbidity and efficiency of this technique. Efficiency was assessed using a Visual Analogue Scale (VAS) pain and Disabilities of Arm, Shoulder, and Hand (DASH) scores

In cadaver lab, we didn't notice uncomplete release, we were able to observe a partial septum between the Extensor Pollicis Brevis (EPB) and the Abductor Pollicis Longus (APL) in 3 cases. No damage of the superficial radial nerve was observed despite close relationship.

In the first 5 cases, 3 had a partial septum between the EPB and APL. The duration of surgery was 20min (12-23) and no kind of morbidities was noticed. The follow-up was stopped at 3 months and there was significant improvement in pain and DASH scores when compared to the pre-operative scores.

Arthroscopic release in the de Quervain's disease is a safe and reliable procedure without specific morbidity but many care should be taken to avoid superficial nerves.