

가

(lateral epicondylitis)

(tendinosis)

‘ tennis elbow ’

⁸⁾, 1873
1,24)

Runge

1~3%

1883 Major
40

가

¹⁰⁾

5~10%

가

25%

⁸⁾

3,4,22,24)

2,4,13,17)

가

¹³⁾

1995 Grifka ⁶⁾

1,9,11,12)

(extensor carpi radialis brevis)

^{13,21)}

(extensor digitorum communis)

가

가

(microtear)

(angiofibroblastic hyperplasia)

^{8,13)}

(gray)

^{2,4,19)}(Fig. 1).

(fibroblast)

(mucinoid

(collagen fiber)
degeneration)

^{8,13,18)}

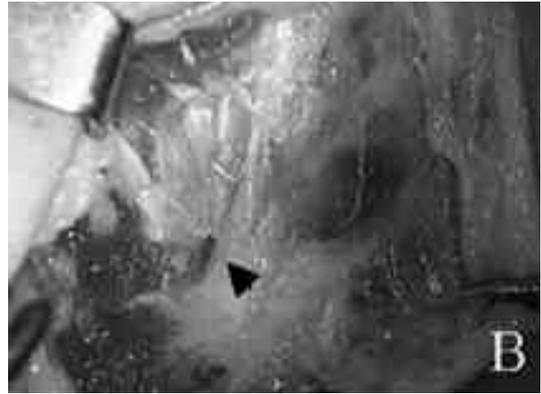
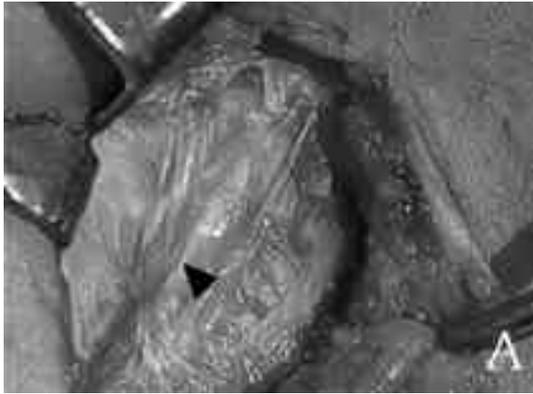


Fig. 1. (A) (B)

가.

6

(ulnar nerve transfer)

가 3,9,13,16)

(release)

16)

가

13)

(extensor carpi radialis longus

23)

(lateral ulnar collateral

ligament)

(decortication)
(synovial fringe)

(annular ligament) 1,9,11)

12,16)

가

가

가.

가

(radiocapitellar joint), (anterior epicondylar ridge), (annular ligament), (extensor carpi radialis longus and brevis), (extensor digitorum communis), (extensor carpi ulnaris),

^{5,21)}

(supracondylar ridge)

(EDC)

(ECRB)

(epicondylar ridge)

(anterior slope)

가

21).

가

90°

가

²¹⁾(Fig. 2).

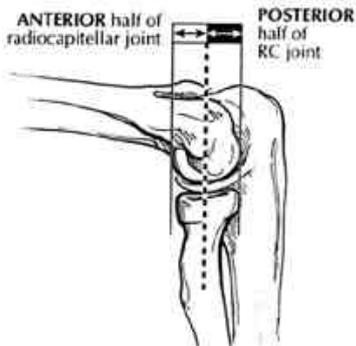


Fig. 2.

1/2

Baker ¹⁾

3가

(intact capsule)

(fraying)

1 ,

(linear capsular tear)

2 ,

(retracted)

3

42

1

15 , 2 15 , 3 12

, Owens ¹⁴⁾ Baker

16 31%가 1 , 31%가 2 , 38%가 3

5가

10%, 가 10%, 가 20 30%, 가 30%, 20%,
 7)(Fig. 3).

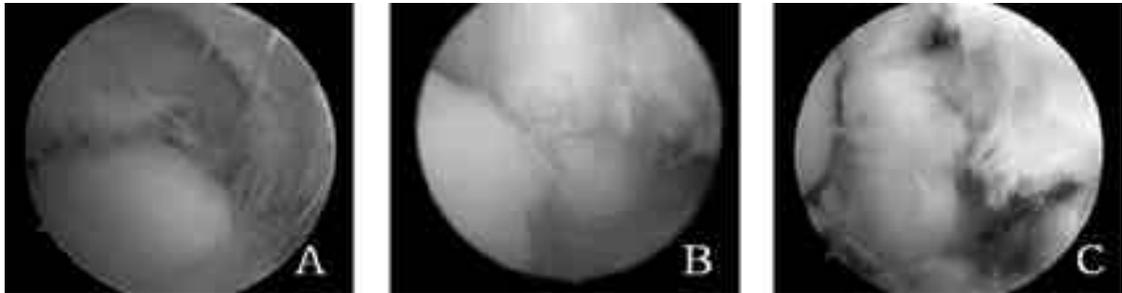


Fig. 3. Baker . (A) Fraying of under surface of ECRB, (B) Liner tear within ECRB, (C) Complete avulsion of ECRB.

7) 30% , , Baker 1) 69%, Owens 14) 19%,

가 (tourniquet) 90° (arthroscopic arm positioner)

(direct lateral portal or soft spot) 20~30 cc
 2 cm 1 cm
 (proximal medial portal) (mosquito) (medial antebrachial cutaneous nerve) (blunt trocar)

2 cm 1 cm

(lateral antebrachial cutaneous nerve)

(outside-in technique),

18G

(shaver)

(bipolar

radiofrequency probe)

(burr)

(decorticate). - (radiocapitellar joint)

가 , 4

Baker ¹⁾ 2.8 39 37 (95%) (grip strength) 96% 2.2
 Owens ¹⁴⁾ 2 12 , Maiott
¹¹⁾ 1 가
 Peart ¹⁵⁾ 69% 72% (epicondylectomy)
 , Savoie ²⁰⁾ 97% 95%
 125 94 7) 21
 13 86% 85%

가 , 가

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