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**Elleboogpijn bij jongeren**

Osteochondritis dissecans (OCD) refers to an acquired, localized disorder of the subchondral bone resulting in separation and fragmentation of the subchondral bone and overlying cartilage, but is not the result of an acute osteochondral fracture. The incidence of OCD is increasing among young athletes (gymnasts, baseball and tennis players), and may cause elbow pain, swelling, and catching and locking of the elbow. In an early stage, OCD may cause mild pain to the lateral aspect of the elbow, in an advanced stage, it may cause swelling, loss of motion, and locking sensations, and eventually leads to cessation of sporting activities. The exact cause remains unknown, however, it is likely that the etiology is multifactorial with potential causes including repetitive micro-traumata, poor vascularization, and a genetic predisposition. Nonoperative treatment is advocated in early lesions, whereas advanced OCD requires a surgical approach. Many surgical techniques have been developed over the past two decades including debridement with or without bone marrow stimulation and loose body removal, fragment fixation, and osteochondral autologous transplantation, among other novel techniques. A high index for suspicion is needed to prevent delay in the diagnosis in this particular population.