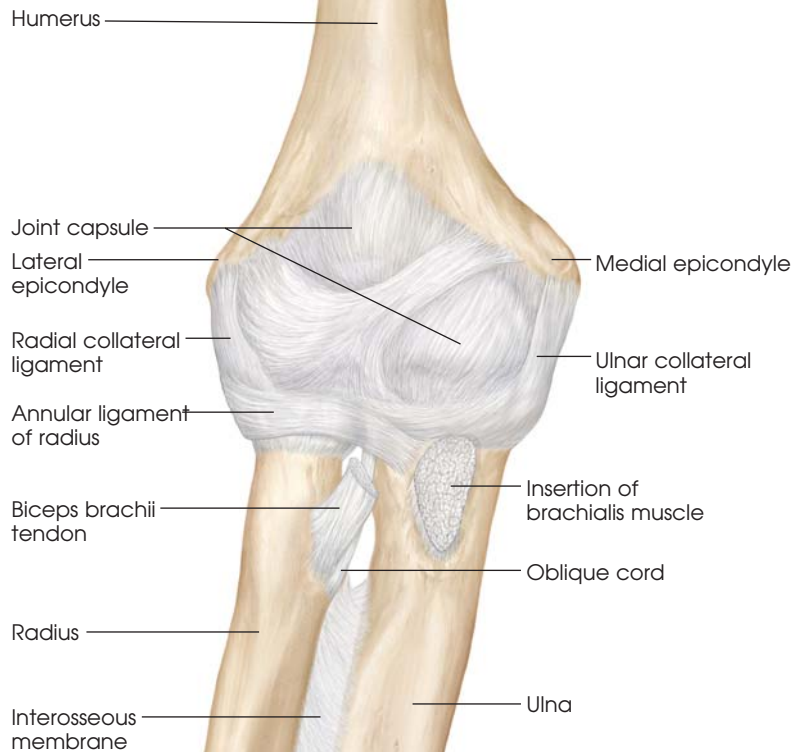
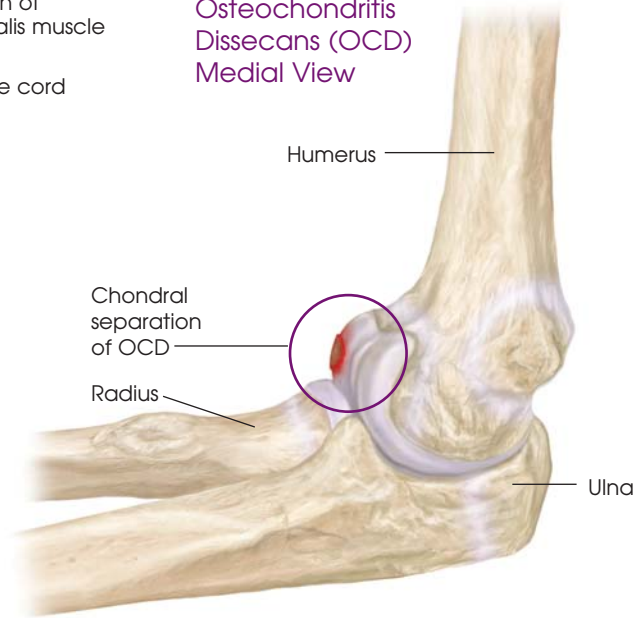


# Osteochondritis Dissecans (OCD) of the Elbow

## Normal Elbow Anatomy: Anterior View



## Osteochondritis Dissecans (OCD) Medial View



**Osteochondritis Dissecans (OCD)** occurs when fragments of bone or cartilage loosen and fall into the joint space, making the joint unstable. OCD is caused by forceful impact or stress on the joint from an injury or repetitive use in upper extremity weight-bearing activities such as gymnastics or baseball pitching. Symptoms can include pain when moving the elbow, clicking or locking, swelling and the inability to completely straighten the arm.

### Common Treatment Options

- Rest the elbow.
- Ice the elbow and inflamed area for 20-30 minutes 3-4 times per day for 2-3 days or until the pain goes away.
- Take anti-inflammatory medications such as ibuprofen or naproxen.
- Gradually return to play when pain free.
- Surgical removal of loose bone or cartilage.
- Procedures to restore elbow cartilage may be recommended.

