Osteochondritis dissecans of the capitellum

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Osteochondritis Dissecans of the Capitellum

1. Quantitative 3-dimensional CT and mapping technique should be considered in all patients when detailed knowledge of the location and size is desired. *This thesis*

2. When making treatment decisions, one should use relatively simple distinctions on MR images (e.g., stable *versus* unstable OCD; lateral wall intact *versus* not intact). *This thesis*

3. Arthroscopic debridement and microfracture for advanced capitellar OCD deem satisfactory clinical outcomes, especially in skeletally immature patients, in patients with a shorter duration of symptoms and in surgical procedures including loose body removal. However, the overall rate for return to sport is only 62%. *This thesis*

4. Athletes tend to wait (too) long (18 months) until mild elbow complaints gradually worsen over time before visiting an orthopaedic surgeon. *This thesis*

5. Arthroscopic debridement and microfracture for advanced capitellar OCD result in osseous filling of an OCD lesion at 29 months follow-up. The osseous healing rate is not related to the clinical outcome. *This thesis*

6. Osteochondral autologous transplantation for capitellar OCD may lead to donor-site morbidity in a considerable group of patients, either after harvesting from the femoral condyle (7.8%) or costal-osteochondral junction (1.6%). *This thesis*

7. Both alternative donor sites of the ipsilateral elbow, the non-articulating part of the radial head and the lateral side of the olecranon tip, provide a great topographic and histopathological match with the capitellum. *This thesis*

8. Never let the fear of striking out keep you from playing the game. *Babe Ruth, former baseball player for the Boston Red Sox and New York Yankees*

9. The journey of a thousand miles begins with a single step. *Lao Tzu, Chinese philosopher*

10. Nothing is permanent except change. *Heraclitus, Greek philosopher*

11. We didn’t realise we were making memories, we just knew we were having fun. *A.A. Milne, British author*