



### FINAL PRIORITY SETTING WORKSHOP

**31** healthcare professionals, patients and carers attended the workshop on 24 Nov 2021 to discuss and prioritise the **Top 10** research questions in elbow conditions.

# THE TOP 10 PRIORITIES

- 1 What is the best treatment (surgery or conservative management) for elbow arthritis in young /active patients?
- 2 Which factors affect the outcome and longevity of elbow replacements?
- 3 What is the best rehabilitation programme for prevention of stiffness following elbow trauma or surgery?
- 4 What is the best treatment approach (surgery or without surgery) in management of early or persistent elbow tendinopathies (such as tennis/golfer's elbow)?
- 5 Comparing non-surgical treatments (such as medications, therapy interventions, injections etc), which is most effective in elbow arthritis?
- 6 What is the outcome of surgery (including open or key-hole surgery) in the management of elbow arthritis?
- 7 What is the best treatment (including surgical and non-surgical) for non-arthritic elbow stiffness?
- 8 How to manage pain (early/persistent) in common elbow conditions?
- 9 What and when is the best treatment option for distal biceps tendon ruptures (surgical or non-surgical)?
- 10 What are the best pre and post-op rehabilitation regimens for total elbow replacements, including advice on long term physical restrictions?

