

The benefits of minimally invasive treatments at Vascular and Interventional Specialists of America

Minimally invasive treatments like elbow embolization:

- Are safer than surgery
- Have a high success rate (up to 90% of patients reported major improvement)
- Require no general anesthesia
- Require no hospital stay or lengthy recovery
- No stitches or surgical scarring
- Are less expensive than surgery

Our state-of-the-art outpatient treatment center offers a more comfortable and convenient patient-friendly experience, and our doctors have extensive experience in diagnosing and treating musculoskeletal conditions.

VASCULAR & INTERVENTIONAL SPECIALISTS OF AMERICA

VISA interventional radiologists are among the most highly trained practicing medicine today. With a combined total of 40+ years of experience in interventional procedures, our physicians utilize medical imaging to expertly guide procedures using tiny catheters and miniature instruments from within the body's vascular system.

In addition to vascular disease, we offer minimally invasive treatments for primary and metastatic liver cancer, vertebral compression fractures, uterine fibroids, chronic hemorrhoids, enlarged prostate (BPH) and knee osteoarthritis. For more information, please visit VisaVascular.com or call us at 205-905-8411.

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Transcatheter Arterial Embolization

For the treatment of "tennis elbow"

VISA
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A minimally invasive alternative to elbow surgery

Lateral epicondylitis, known informally as “tennis elbow,” is a common condition that results in pain and inflammation within the tendons of the elbow. This can include pain when bending or lifting the arm, difficulty straightening the arm, pain that radiates between the arm and the wrist or a loss of arm strength or grip.

An alternative to surgery, transcatheter arterial embolization (TAE) is a minimally invasive procedure that blocks the abnormal blood vessels that grow within the joint and cause increased inflammation and pain. Our specially trained doctors thread a tiny catheter into these blood vessels which are then sealed using embolizing microparticles. With reduced blood flow into the joint, inflammation is reduced and chronic pain is relieved.

If you have been suffering from chronic elbow pain for at least six months and conservative treatments haven’t worked, we invite you to consult with one of doctors to learn about all of your treatment options.

Key Advantages of Transcatheter Arterial Embolization (TAE)[1,2,3]:

Significant pain reduction. Studies have demonstrated substantial reductions in pain scores following TAE in patients with chronic tennis elbow who have not responded to conventional treatments.

Improves elbow function. Improvements have been reported in the QuickDASH (Disabilities of the Arm, Shoulder and Hand) and Patient-Rated Tennis Elbow Evaluation (PRTEE) scores, resulting in better upper-limb function and reduced disability.

Improved grip strength. Studies have reported improvements in pain-free grip strength, an important functional measure in patients with lateral epicondylitis.

Long-lasting benefits. Clinical improvements have been maintained for up to 24 months in prospective observational studies.

You may be a candidate for TAE if you:

- Have chronic elbow pain lasting at least 6 months
- Are experiencing moderate-to-severe pain interfering with daily activities
- Failed conservative treatment
- Are experiencing functional impairment of the elbow joint
- Are seeking a less invasive alternative to surgery

Those who have mild symptoms or recently onset tennis elbow, those with significant vascular disease or bleeding disorders, and those with significant kidney impairment may not qualify for TAE treatment.

1. Iwamoto W, Okuno Y, Matsumura N, Kaneko T, Ikegami H. Transcatheter arterial embolization of abnormal vessels as a treatment for lateral epicondylitis refractory to conservative treatment: a pilot study with a 2-year follow-up. Journal of Shoulder and Elbow Surgery. 2017;26(8):1335–1341.
2. Kishore SA, Sheira D, Malin ML, Trost DW, Mandl LA. Transarterial Embolization for the Treatment of Chronic Musculoskeletal Pain: A Systematic Review of Indications, Safety, and Efficacy. ACR Open Rheumatology. 2022;4(3):209–217.
3. Aly M, Fashina C, Hagiga A, Hafez A, Di Mascio L. Transcatheter arterial embolisation for the relief of shoulder and elbow chronic joint pain refractory to conventional treatment: Systematic review. Journal of Medical Imaging and Radiation Oncology. 2023;67(7):756–768.

