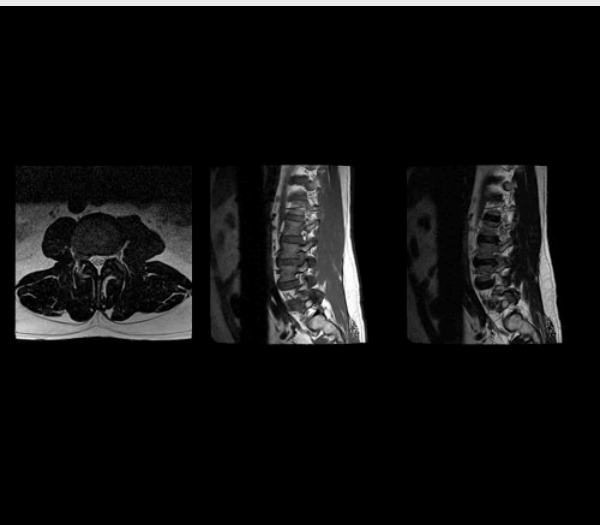




Orthopedic Surgery Physician Update

December 2025

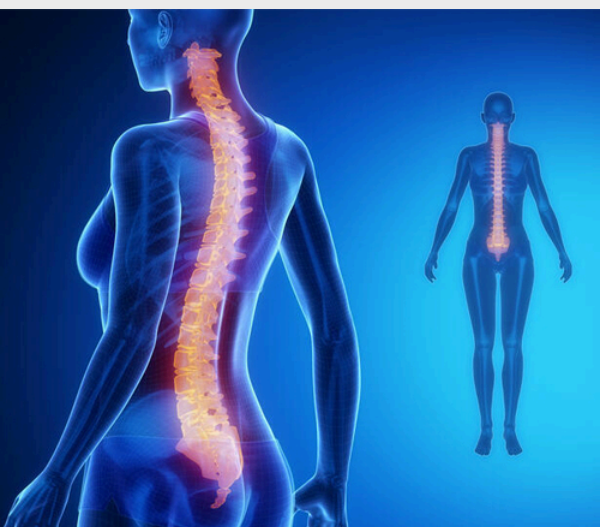
Patient Care



Transforaminal endoscopic lumbar discectomy (TELD) offers benefits for patients

Mayo Clinic is now performing ultra-minimally invasive transforaminal endoscopic lumbar discectomy. TELD offers a variety of benefits for patients compared with traditional, open and minimally invasive microdiscectomy for lumbar disk herniations.

[Read the article](#)



Pinpointing and treating the common, yet complex cervical herniated disk

A Mayo Clinic orthopedic spinal surgeon responds to questions about cervical herniated disks, common yet challenging to diagnose, and management options for this injury.

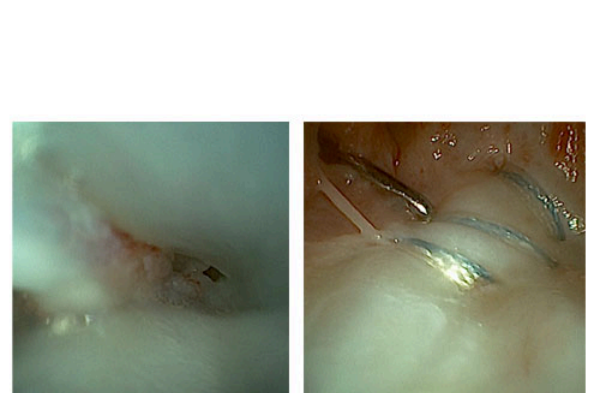
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Helping athletes return to sports careers with a solid MUCL repair

A Mayo Clinic specialist investigates ways to do lasting MUCL repairs that get athletes with Tommy John injuries back to sport in the least possible time for their careers.

[Read the article](#)



New camera, approach change TFCC wrist injury repair

Mayo Clinic surgeons have created a new arthroscopic inside-out transosseous technique or an "over-the-top" (OTT) triangular fibrocartilage complex repair. They also have developed a smaller and more flexible camera system for the procedure.

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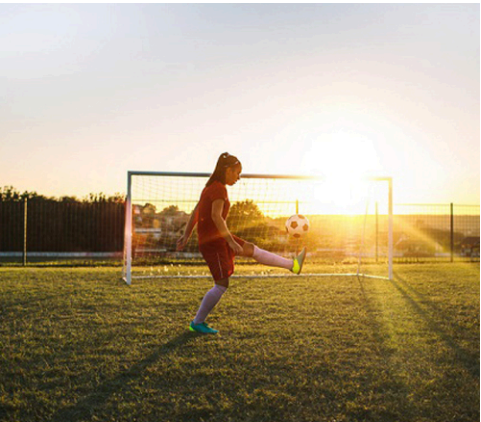
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Mayo Clinic Advancements in Surgical & Medical Management of the Spine 2026
Feb. 22-26, 2026
Lahaina, Maui, Hawaii, and Livestream

This course addresses spine diseases via didactics, case studies and panel discussions. A unique split curriculum covers strategies for both surgical spine management and nonoperative approaches.

[Register Now](#)



8th Annual Mayo Clinic Sports Medicine Summit: Care for the Athlete
Feb. 27-March 1, 2026
Phoenix, Ariz., and Livestream

This course covers the upper extremity, including the hand, wrist, elbow and shoulder. It also reviews physical exam techniques, appropriate imaging modalities, rehabilitation strategies and when surgery is indicated.

[Register Now](#)

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