Arthroscopy of the elbow can be daunting. However if the preparation and planning is done adequately, usually it is not that difficult. This is even more pertinent in the case of elbow stiffness. As stiffness can either be from multiple reason, the causal aetiology must be determined beforehand. This will direct the subsequent treatment better. Furthermore the arthroscopic anatomy is distorted from the original anatomy. Thus planning and expecting what to encounter during surgery is paramount. The author wishes to share the treatment and its result in elbow stiffness, especially post traumatic ones.