

The Elbow

Anatomy:

Humerus (arm bone), radius (forearm), ulna (forearm)

solid joint because of the shape of the bones

Like a hinge allowing bending and straightening

More likely to break it instead of dislocate (opposite to the shoulder)

Common Causes of Shoulder Pain:

Muscle Strain

Joint Strain (arthritis)

Joint Capsule Strain

Ligament Sprain

Cartilage Injury, Loose Body

Fracture (broken bone)

Common Injuries:

Fall onto elbow or outstretched arm

Repetitive movement

Arthritis

Throwing sports (curveballs)

Tennis Elbow, Golfer's Elbow

Joint not properly aligned

How to Alleviate and Prevent Pain:

Ice (especially in the first 3-5 days after injury)

Heat

Proper equipment - tools, racquet, golf clubs

If you feel stiff try and stretch

Strengthen to improve tolerance to daily activity

Avoid aggravating positions and movements

Physiotherapy:

Manual Therapy - hands on techniques

Exercise - range of motion, strength, alignment

Postural correction - exercise, education

Pain control - ice, heat, taping, electrical stimulation

Acupuncture

Sport retraining (especially racquet sports)

Contact your doctor if you have:

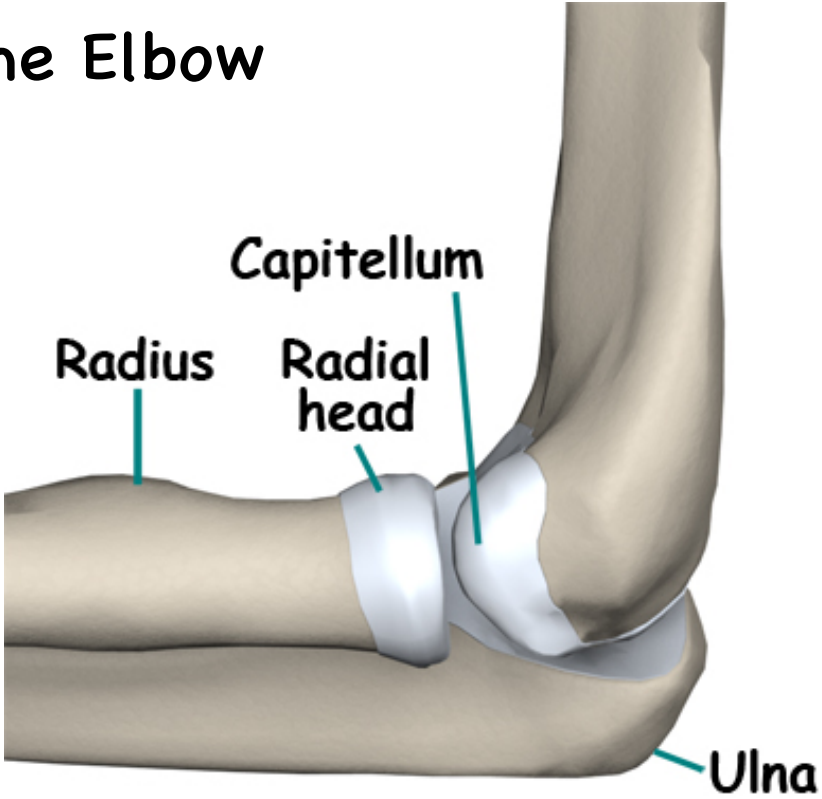
painful clicking or clunking of the elbow or if it locks (can't bend or straighten it)

tingling or numbness from the elbow toward the hand (most common little finger and ring finger)

symptoms unchanging or worsening over 2-3 weeks

severe pain with leaning on or any pressure on the elbow especially the bony areas

Bones of the Elbow



Works like a Hinge

