

## What is it?

Overstretching or tearing of the elbow ligaments. Frequently occurs in the medial collateral ligament

## What causes it?

Sudden and forceful pressure through the elbow, like abnormal twisting of or falling onto an outstretched arm.  
Weakness in muscles and ligaments.

## Symptoms

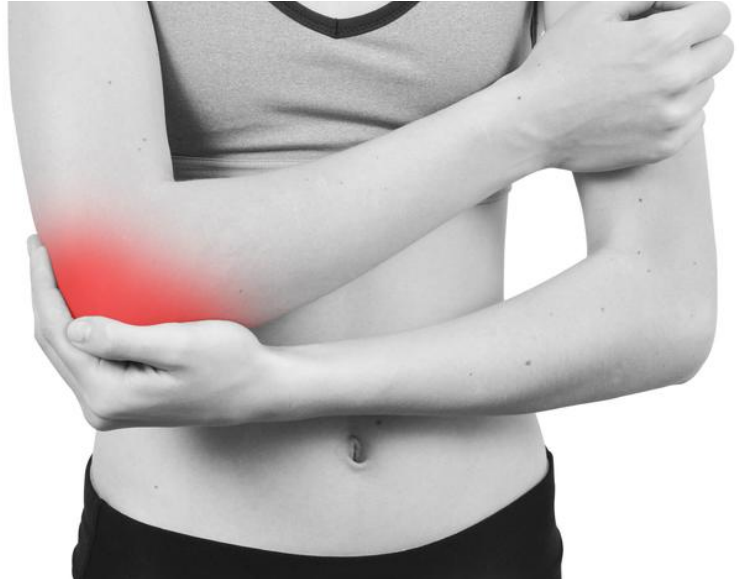
Pain, tenderness, bruising and swelling.  
Restricted movement.

## Top Tips

Ice and immobilise as soon as possible

## How to Treat it

RICER. Immobilisation.



## Rehab

Gentle mobility and flexibility exercises. Supports or braces.

## Definitions

**Ligament** – fibrous connective tissue which connects bones to other bones

**Medial collateral ligament** – stabilises elbow by connecting upper and lower arm

**RICER** – rest, ice, compress, elevate, refer

## Associated Conditions

- Triceps Brachii Tendon Rupture
- Tennis Elbow (Lateral Epicondylitis)
- Golfer's Elbow (Medial Epicondylitis)
- Thrower's Elbow
- Elbow Bursitis (Olecranon Bursitis)

## Get Help Now

### Products

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