

What is it?

A chronic condition, where severe and repetitive stress is placed on the elbow. Combined compression of outer elbow structures, coupled with tension on the inner structures, results in painful stretching of ligaments, bones spurs and chips.

What causes it?

Repetitive strain from throwing activity, poor throwing technique and/or direct trauma to elbow.

Symptoms

Pain, weakness, stiffness, numbness and hindered movement.

Top Tips

Rest and ice as soon as possible. Seek medical advice about anti-inflammatories if pain is moderate to severe.

How to Treat it

RICER for 48-72 hours after injury. Anti-inflammatories and painkillers.



Rehab

Rest. Elbow support/brace. Stretching, strengthening and flexibility exercises. proper warm ups and cool downs.

Definitions

Ligament – fibrous connective tissue which connects bones to other bones

RICER – rest, ice, compress, elevate, refer

Associated Conditions

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

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