

Pain Location

Posterior: Olecranon Bursitis, Triceps Tendinitis & Posterior Impingement

Medial:

Excessive activity of the wrist flexors: Flexor Tendinopathy

Excessive Throwing Activities: Valgus Stress on the Elbow - Resisted by medial collateral ligament and radiocapitellar joint

Lateral: Extensor Tendinopathy

Causes:

Trauma:

Fall onto Outstretched Hand (FOOSH) Injury

If flexed, posteriolateral dislocation may occur

If elbow fully extended - **#** of radial head or capitellum

Varus/Valgus shear forces - **#** of condylar & Supracondylar structures

Direct Impact - **#** of olecranon

Overuse:

Overuse of Forearm Extenders most common - Tennis Elbow

Valgus stress in throwing (Ulnar Collateral Ligament Rupture, Golfer's Elbow, Olecranon Compartment Chondromalacia and Loose Bodies

Secondary to Valgus instability

Varus Forces - Disrupt lateral soft tissue and medial Elbow Compartment compression

Swelling, Clicking & Grinding: - Intra-articular Pathology of the synovium, cartilage or bone

Exam

Cx, Shoulder, Elbow, Wrist and Hand exam

Investigations

X-rays

FBC

ESR/CRP

Nerve Conduction Studies

Electromyography

Ultrasound

Olecranon Bursitis

Caused by single/repetitive traumas (resting elbow on hard surfaces for long periods)

Swelling + redness

Pain on elbow flexion

FEVER = SEPTIC BURSTITIS

Management

- Pharmacist for analgesics (NSAIDs)

- Rest and firm compression

- Elbow Protector

- Refer to GP if not better for injection therapy



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Not published yet.
Last updated 4th January, 2021.
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