
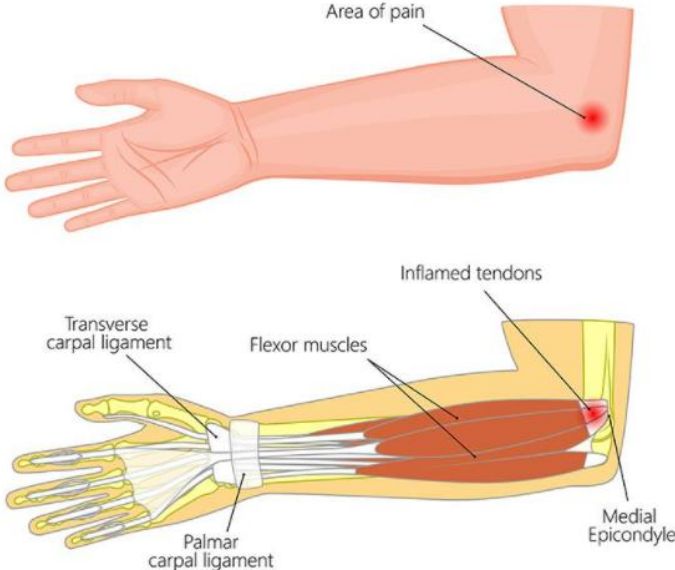
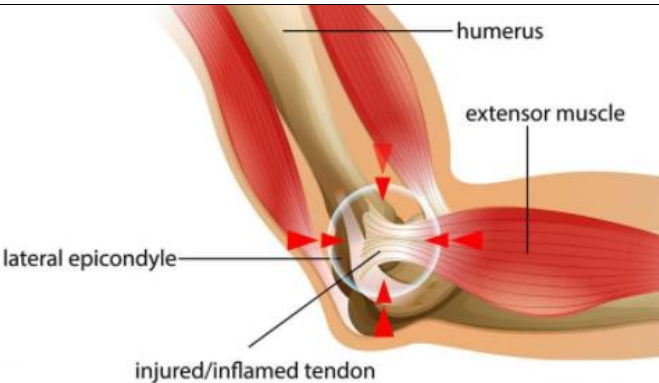



ELBOW SOFT TISSUE COMMON INJURIES AND DYSFUNCTION

Injury /condition	Description	Picture
<p>Medial epicondylitis –“golfer’s elbow”</p> 	<p>It is also known as golfer’s elbow(baseball elbow, suitcase elbow or forearm tennis elbow). It is an overuse syndrome caused by eccentric overload of the flexor-pronator mass at the medial epicondyle.</p> <p>Symptoms:</p> <ul style="list-style-type: none"> • Pain and tenderness on the inner side of the elbow or the inner side of the forearm. It increases with resisted forearm pronation and wrist flexion (certain movements e.g. swinging a golf club) • Sudden or gradual pain • Stiffness • Weakness in hands and wrists. • Numbness or tingling into one or more fingers (mostly the ring and little fingers) <p>Causes:</p> <ul style="list-style-type: none"> • Excess or repeated stress, forceful wrist and finger motions • Poor lifting, throwing or hitting techniques during playing sports or physical activities • Poor conditioning or warming up <p>Risk factors:</p> <ul style="list-style-type: none"> • Being age 40 or older • Performing repetitive activity at least two hours a day • Being obese • Being a smoker <p>Management and recovery:</p> <ul style="list-style-type: none"> • RICE • Avoiding activities that may aggravate the condition • Painkillers/Anti-Inflammatory Medication • Physiotherapy: stretching and strengthening exercises • Recovery can take from 4 weeks to up to 3 months • Chronic and severe cases can take healing up to 6 months 	
<p>Lateral epicondylitis- “tennis elbow”</p>	<p>It is inflammation or micro tearing of the tendons of the wrist/fingers extensor muscles such as the extensor carpi radialis brevis from overuse.</p>	

	<p>Symptoms:</p> <ul style="list-style-type: none"> • Pain :sudden or mostly develops gradually • Pain - radiates into the forearm and wrist • Pain increasing with particular movents of the wrist and hand: lifting objects, twisting (as opening a jar), gripping something tightly. • Difficulty with gripping activities • Stiffness in the elbow • Weakness in the forearm, wrist or hand <p>Risk factors:</p> <p>Repetitive movement during sport activities : as squash, badminton, baseball, swimming, etc</p> <p>Repetitive one-sides movements performing jobs: electricians, carpenters, gardeners , desk bound jobs, etc</p> <p>Causes:</p> <ul style="list-style-type: none"> • Contractile overloading that creates chronic tension or stress to the tendons of the extensor muscles near their origin on the humerus • Repetitive upper extremity activities involving wrist extension, pronation or supination and repetitive vibration du manual labour, housework and hobbies such as computer use,heavy lifting, etc • Training errors • Misalignments, weakness or muscle imbalance • Flexibility problems • Ageing • Poor circulation <p>Management and recovery:</p> <ul style="list-style-type: none"> • RICE • Takes from 6 to 12 months • In some cases the pain lasts for 2 years 	 <p>Diagram illustrating the anatomy of the elbow joint. The humerus is shown at the top, with the lateral epicondyle highlighted. The extensor muscle is shown originating from the lateral epicondyle. A red arrow points to the injured/inflamed tendon.</p>
<p>Olecranon bursitis</p>	<p>Irritation and inflammation of Olecranon bursa</p> <ol style="list-style-type: none"> 1.Non-septic -most common — inflammation resulting from various causes including trauma or overuse. 2.Septic — infection resulting from seeding of the bursa with micro-organisms, usually bacteria. <p><u>Risk factors :</u></p> <p>Being a young or middle age male</p> <p>Having manual jobs which involve regular elbow trauma or pressure on the bursa e g. gardeners, mechanics, etc</p>	 <p>Diagram illustrating the normal olecranon bursa, which is a fluid-filled sac located between the olecranon process of the ulna and the skin.</p>

Repetitive overhead throwing or elbow flexion and extension during sport activities e.g. javelin, basketball, etc

Symptoms:

- Swelling over the elbow
- Tenderness or warmth, could be fluctuant
- Pain or may be painless
- Pain at full flexion of the elbow
- History of preceding trauma or bursal disease
- Local skin abrasion

Management and recovery:

- RICE
- Takes up to 2 months
- Urgent referral: with septic bursitis, or complications are suspected.

**Inflammation
of olecranon
bursa (bursitis)**

