

Elbow Pain



Centre for Chiropractic & Sports Rehabilitation

An integrative, biomechanical approach to the everyday sports and spinal injuries.

Elbow pain is almost always a repetitive-strain injury. In fact, the elbow almost never becomes arthritic! 90% of elbow injuries are the result of tendinitis caused by overuse, which means that the majority of elbow pain is completely treatable.

The most common types of elbow injuries are lateral epicondylitis (tennis elbow, on the outside of the joint) or medial epicondylitis (golfer's elbow, on the inside of the joint). Unfortunately, both tennis and golfer's elbow are becoming more common in today's world. Most careers involve performing a minute arm movement over and over: most trades involve strenuous arm movement, and many desk jobs require constant typing. These activities will stress the arm, almost always causing a mild, low-grade inflammatory process in the tissue,

This will progress into tight musculature and a constant pull on the attachment points of the tendons to the elbow joints. This leads to tendinitis, which can cause tendinosis or a tendon tear if left untreated.

Treatment at CCSR

Our goal at CCSR is to reduce scar tissue, improve collagen production, and increase mobility/strength in the elbow. Treatment is performed with a combination of the Graston technique, deep friction massage, active release, low-level laser therapy, stretching, and strengthening. We prefer eccentric strengthening to improve the function of your elbow, and will prescribe a number of strengthening exercises that focus on an eccentric (elongating) movement.

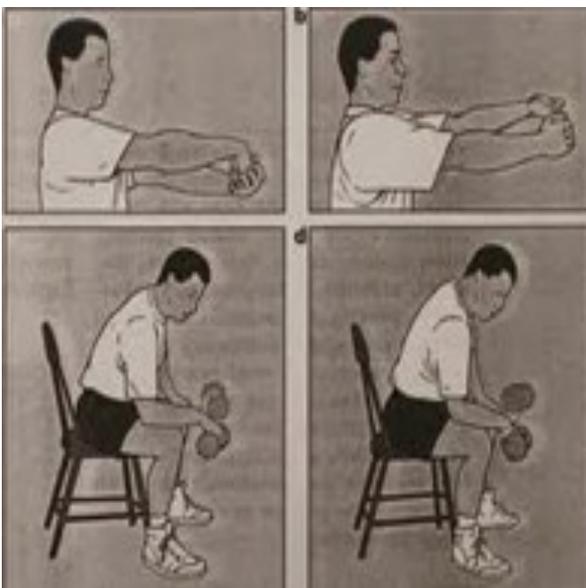


Figure 2: Stretches and strengthening exercises for elbow pain

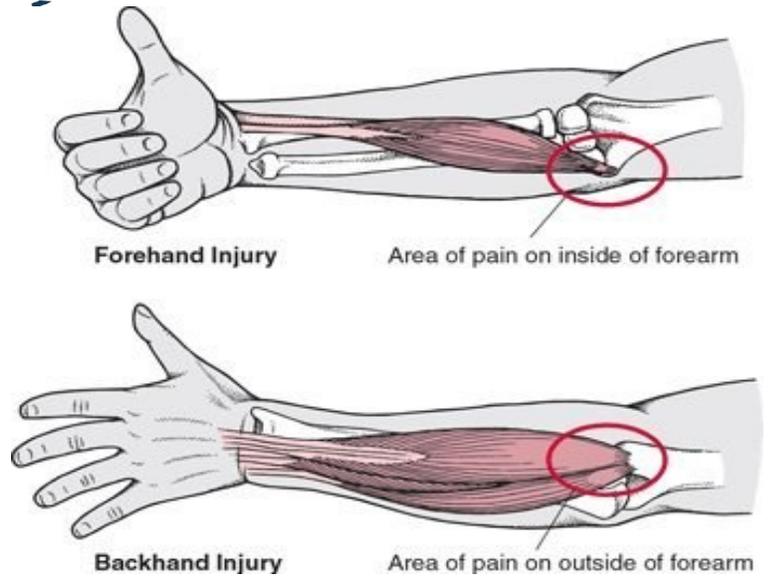


Figure 1: Golfer's Elbow (above) and Tennis Elbow (below)

Treatment at Home

Reducing inflammation is the primary goal of home treatment. When you first notice elbow pain, *rest it!* Then, ice the elbow two to three times a day for 15 – 20 minutes, or until numb. Self-massage is vital, too! Spend at least 10 minutes two to three times a week massaging the sore area with a massage tool or with your fingers. The aim of this massage is to break up inflammation and scar tissue, so don't be afraid to apply pressure. Finally, your practitioner will provide you with stretches and strengthening exercises to improve the mobility and function of your elbow. We strongly encourage all of our patients to spend at least fifteen minutes a day cycling through these exercises. Remember, health is a way of life, *not* one hour a week!