



ELBOW PAIN

Pain, bruising or swelling in the elbow and surrounding area

CAUSES

INJURY

Pain in the elbow, especially after a serious fall, may mean that the bone has been fractured or the elbow is dislocated. If the elbow looks deformed or twisted, emergency help must be sought.

Symptoms:

- Pain in the elbow
- Bruises, swelling or bleeding
- Elbow area looks twisted or deformed

DO:

- Seek help if you suspect that your elbow is dislocated or the bone is fractured.

DON'T:

- Don't move your elbow if you suspect it is fractured.



Try wrapping the elbow with a bandage to compress the affected area.

TENNIS ELBOW

Also known as *tendinitis of the elbow*, this condition is due to repeatedly flexing the elbow either in sports or handling tools. The tendons in the elbow become strained and may become painful. This pain is usually felt the morning after the stressful activity.

Symptoms:

- Pain in the elbow
- Stiffness
- Swelling

DO:

- Apply the PRICE treatment to the affected area. *Protect and Rest* the elbow. Apply an *Ice* pack. Wrap the elbow with a bandage to *Compress* the affected area. *Elevate* the elbow above the level of the heart to relieve the swelling.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen to help with the symptoms.
- If you play tennis, ask your instructor if you are gripping the racket correctly. If the cause of the pain is mishandling of tools, find a more comfortable way of gripping them, while retaining proper posture.

DON'T:

- Don't strain your elbow with too much movement.