



Smith & Thomas
Injury Rehabilitation Centre

Injury Conditions

Article: 1

Elbow/Arm Pain



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The elbow is a complex synovial hinge joint, made up of the Humerus articulating with the Ulna and Radius. This movement allows flexion and extension to occur at the joint.

Tennis Elbow (Lateral Epicondylitis)

This is easily one of the most common elbow injuries seen in the clinic. Massively common amongst athletes and workers who repeatedly do the same twisting, pulling or wrist extension all day. This inflames the lateral epicondyle causing irritation.

Symptoms

- Pain on the outer surface of the elbow
- Weakness in grip strength
- Gradual onset
- Long lasting
- Pain when moving the wrist

Golfers Elbow (Medial Epicondylitis)

This condition is normally associated with repeated throwing exercises. Whilst not as common as tennis elbow it is still very prevalent in golfers, hence the name.

Symptoms

- Pain/tenderness on the inside aspect of the elbow
- Pain/weakness when flexing the wrist

Ligament Sprain

The elbow gains some stability through the ligaments surrounding the area. Damage to these ligaments can lead to instability occurring. This is a common injury with contact sports, especially if a twisting motion was involved.

Symptoms

- Pain and swelling around the outer or inner aspects of the elbow
- Tenderness
- Laxity of the joint

Elbow Hyperextension

Very common in contact sports again, especially in rugby. Usually occurs when an outstretched arm is landed on or caught by an opponent.

Symptoms

- Pain at the front of the elbow
- Possible swelling

Muscle Contusion

Bruising on the muscle belly usually caused from a direct impact.

Symptoms

- Immediate pain
- Swelling
- Bruising
- Tenderness