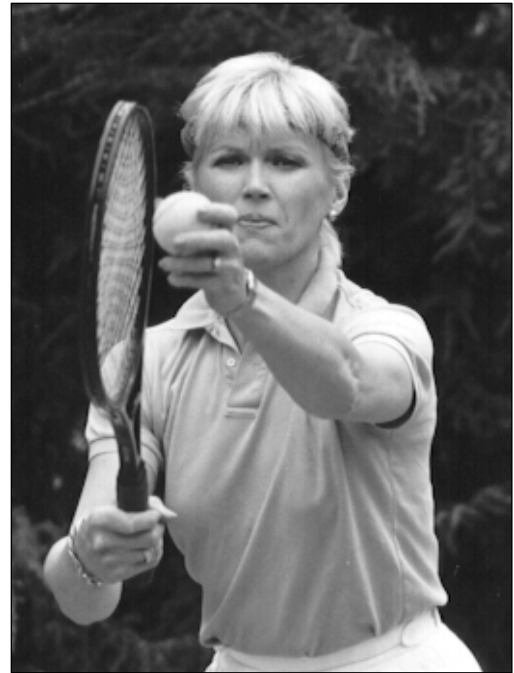


CONDITIONS WE TREAT – ELBOW PAIN

ELBOW PROBLEMS

Elbow problems result from injuries or stressors like golf, tennis, carpentry and other sports or occupations that repetitively strain the internal or external joint surfaces. Elbow problems are commonly related to strain or fixation of the shoulder and/or upper back wherein excessive elbow motion may be needed to achieve or overcome the limitations of a restricted shoulder, upper back or neck area. Inner and outer elbow pain, (known as medial and lateral epicondylitis), are two disorders that may ensue. Medial epicondylitis is often related to golfers swing and is in fact called golfer's elbow. Lateral epicondylitis is often related to the tennis swing and is called tennis elbow for this reason. Regardless of location, epicondylitis is a form of tendonitis that can be stubborn and difficult to treat becoming chronic, producing disability over many years.



Successful treatment requires proper attention to grip and delivery of both the tennis and golf ball as well as combining proper therapies consisting of ultrasound, ice packs, heat, massage, friction massage, rehabilitational exercise and others means. Precise attention must be given to bracing and protecting the elbow for purposes of stabilization while the injury is healing. My experience in treating this difficult condition has shown considerable success but only when faulty mechanics are dealt with. Strict attention to therapy and a special wrist and elbow brace must be worn. Unfortunately, the traditional elbow brace is inadequate to resolve this condition but brace improvements have recently arrived on the treatment scene and a superior brace is available.