

# Elbow Pain

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Elbow pain is a common complaint in throwing athletes, racquet sports, golfers and trades workers. Elbow pain can be on the inside or outside of the joint, and can be caused from a trauma to the area or from a repetitive movement that slowly gets sore. The muscles of the forearm start at the elbow and are commonly affected by injury to this area. Most injuries of the elbow will resolve completely, especially with the help of a healthcare professional such as a physiotherapist or massage therapist.

## **Home Exercises**

- *Wrist curls:* Sit with your forearm supported, your palm up and holding a small 2-5lb weight in your hand. Bend your wrist up and down. Repeat 10 times, multiple sets per day.
- *Full pain free active movement of the elbow:* Bend your elbow up and down slowly within your pain free available movement. Repeat this 10 times, multiple sets per day.

For more information, visit [www.summitpt.ca](http://www.summitpt.ca)



## **Tips From A Physiotherapist**

- An elbow brace may be beneficial for management of elbow pain (consult with your healthcare professional for the type of brace best for you).
- Modifying your daily routines to decrease repeated stress on the elbow should improve symptoms.
- Avoid immobilizing the elbow for any extended period of time (unless your doctor has provided specific instructions), as this will lead to difficulty moving the elbow.
- Consult with your doctor if you start to experience increased symptoms or symptoms of numbness/tingling.