

Common Elbow Problems



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Tennis Elbow

The term "Tennis Elbow" is frequently used to describe a condition in which the tendons in the elbow become inflamed. The most common victims of this painful condition are adults in their 20's to 40's. The symptom most often reported is pain in the elbow, especially when the arm is twisted, as may occur in various sporting and leisure activities.

Treatments include discontinuing activities which cause pain, icing or heating to relieve pain, and over-the-counter remedies such as acetaminophen or ibuprofen to reduce inflammation and relieve pain. As always, if symptoms persist, you should contact your physician.

Arthritis

Arthritis is a condition which results from the inflammation of a joint. While all the joints, including wrists, elbows and shoulders, are susceptible to arthritis, it is often more severe in the joints which bear the weight of the body that is, the knee, hip, and spine. Besides joint pain, other symptoms which may indicate arthritis include fever and weight loss.

There are over one hundred varieties of this condition. In many cases, pain management can be achieved by the use of such easily obtained over-the-counter remedies as aspirin, ibuprofen, acetaminophen, and naproxen. If your pain persists or restricts movement, you should consult your physician.

University Orthopaedics and Sports Medicine

Main Office: University Medical Arts Building, 222 Piedmont Avenue, Suite 2200, Cincinnati, Ohio 45219-665H
Phone: 513-475-8670 * Toll Free: 800-711-1130 * Fax: 513-475-7243

Tendonitis

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Sprains

When a ligament is torn or stretched, the resulting injury is known as a sprain. A sprain is usually the result of twisting, and can occur at any joint. This injury is most common, however, in knees, wrists, and ankles. The primary symptoms are pain and swelling.

The best treatment for sprains is icing the affected area for fifteen to twenty minutes three or four times a day, plus using an anti-inflammatory drug such as ibuprofen or naproxen to reduce pain. An elastic bandage can also be very helpful. If pain and swelling continue to be a problem, or in the case of a knee or ankle sprain, if you cannot put weight on the affected leg, contact your physician.

Fractures

Fractures, or broken bones, are most common in the limbs (arms and legs). Fractures can cause symptoms such as swelling, pain, discoloration of skin, or inability to move the affected limb. Swelling can be reduced by icing and elevating the limb. Broken bones are realigned by using either traction or a surgical procedure, and are then kept stationary by means of a splint or cast until the bone is able to mend.

Fractures can also occur in the skull or spine. Fractures in these areas are far more dangerous than limb fractures. If a spine or skull fracture is suspected, the victim should not be moved until professional medical assistance is available.

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