

Elbow Pain - Requiring Attention

Repeated overuse of the elbow joint is one of the most common reasons for elbow pain



There are three bumps on the elbow when it is bent and out of which, two are most common to getting injured. Namely, lateral epicondyle and medial epicondyle, these two bumps are most commonly affected when an injury occurs to the tendons involving muscles to these bumps. This is why two conditions lateral epicondylitis and medial epicondylitis are the common causes of elbow pain. Fracture in certain conditions could also be the reason for elbow pain and it might need surgical intervention for the treatment. Sometimes, [Ortho implants](#) might also be used.

Siora Surgicals is an experienced Ortho Surgical Company that produces all types of orthopedic implants required during orthopedic surgeries.

People who overuse their elbow joint as a part of their profession or during sports activities are more prone to experiencing elbow pain. Some of the medical conditions causing elbow pain include:

- Medial epicondylitis
- Lateral epicondylitis
- Olecranon bursitis
- Osteoarthritis
- Dislocation of elbow
- Radiohumeral bursitis
- Osteochondritis dissecans

- Ligaments sprains & strains
- Referred pain
- Nerve entrapment

Any of these above-mentioned conditions could be the reason for elbow pain and when it comes to the treatment, the diagnosis will play an important role. The diagnosis of elbow disorder causing pain will start with the physical examination of the affected area by the doctor. He/she look for physical deformities, pain, swelling, and redness. With this, it is also important for the doctor to know the medical history of the patient to provide the right treatment. The next step after a physical examination and medical history check is an x-ray examination.

Certain complicated cases or the ones that have not cleared the cause with x-ray examination might also require a CT scan or MRI examination. Once cleared, the doctor will provide the best line of treatment based on the cause.

Studies have found that mild to moderate causes of elbow pain can be treated with proper rest and targeted physical therapy under the guidance of an expert. Certain cases might require the application of ice and the use of splints or elbow pads. To provide quick relief from pain, the doctor may also prescribe anti-inflammatory and pain-relieving medicines. While on the other hand, surgery is only required in severe cases.

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