

ELBOW PAIN

A PARENT'S GUIDE TO SIGNS, SYMPTOMS, TREATMENT AND PREVENTION

ELBOW PAIN

Elbow pain or tenderness may be caused by a traumatic or overuse injury. This describes aching or other discomfort in the elbow that is not related to direct injury.

CAUSES

Elbow tendinitis is an inflammation and injury to the tendons. Tendons are soft tissues attaching muscle to bone.

People who play racquet sports are most likely to injure the tendons on the outside of the elbow. This condition is commonly called tennis elbow. Golfers are more likely to injure the tendons on the inside of the elbow.

Sports that require extensive use of the wrist and arm, like baseball, may cause elbow tendonitis.

Other common causes of elbow pain are:

- Bursitis - inflammation of a fluid-filled cushion beneath the skin
- Arthritis - narrowing of the joint space and loss of cartilage in the elbow
- Elbow strains
- Infection of the elbow

FIRST AID

- Apply ice up to 15 minutes every hour for the first day. Continue to apply ice every 3 to 4 hours for up to 3 days. Wrap the ice in a cloth (do not apply ice directly to the skin).



- Wrap the elbow with a bandage, such as an ACE bandage, to keep the elbow immobilized.
- Keep the elbow elevated above your heart, if possible.
- Give the elbow joint complete rest for at least 2 days. DO NOT return to the activity that caused the problem for at least 3 weeks. Then, gradually strengthen the muscles around your elbow. A physical therapist can teach you how to do this.
- While you are resting the joint, take pain relievers such as acetaminophen or ibuprofen.
- After the initial rest period, you should begin to gradually strengthen the muscles around the elbow through gentle flexibility exercises.

WHEN TO CONTACT A MEDICAL PROFESSIONAL

- You have prolonged tendinitis that does not improve with home care
- Pain is due to direct elbow injury
- There is obvious deformity
- You are unable to use the elbow
- You have a fever or swelling and redness of your elbow

PREVENTION

- Reduce the activity that causes the pain.
- Warm-up slowly. Stretch the forearm before, during and after exercise.
- Use an "elbow sleeve" to help keep your arm warm while playing.
- For tennis, use the correct grip size, a two-handed backhand and proper tension racquet strings.
- Perform regular stretching and strengthening exercises.

(CONTINUED ON BACK)


Cardinal Glennon
SPORTS CARE

SSM HEALTH CARE – ST. LOUIS

LOCATIONS CLOSE TO HOME

SSM Cardinal Glennon pediatricians and pediatric specialists see patients at convenient locations in Missouri and Illinois:



Cardinal Glennon
Pediatric Emergency Room/
Pediatric specialists
Cardinal Glennon
Children's Medical Center
1465 South Grand Blvd.
St. Louis, MO 63104



1 Pediatric Emergency Room/
Pediatric specialists
St. Joseph Hospital West
Koenig Building
400 Medical Plaza, Ste. 220
Lake St. Louis, MO 63367

2 Pediatric Emergency Room
St. Joseph Health Center
300 First Capitol Drive
St. Charles, MO 63301

3 Pediatric Emergency Room
DePaul Health Center
12303 DePaul Drive
Bridgeton, MO 63044

4 Pediatric specialists
St. Luke's Hospital
224 S. Woods Mill Road,
Ste. 640, South Medical
Building
Chesterfield, MO 63017

5 Pediatric Emergency Room
St. Clare Health Center
1015 Bowles Avenue
Fenton, MO 63026

6 Pediatric Emergency Room/
Pediatric specialists
St. Anthony's Medical Center
12700 South Fork Road,
Ste. 155
St. Louis, MO 63128

7 Pediatric Emergency Room/
Pediatric specialists
Anderson Hospital
2133 Vadalabene Drive,
Ste. 6
Maryville, IL 62062

SPORTSCARE AT SSM CARDINAL GLENNON

Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

By working with multiple specialists and care partners, we guarantee your child will get the top care that is best suited to treat their unique injury, improving recovery time and outcome. Many of our services are offered in multiple locations so your child can even be treated close to home.

Specialists your child has access to through SportsCare include orthopedists, pulmonologists, cardiologists, radiologists, neurologists, emergency medicine physicians, adolescent medicine physicians, rehabilitation specialists, physical therapists, nutritionists and pediatric psychologists.

Partners your child has access to through SportsCare include SSM Cardinal Glennon Children's Medical Center, SSM Orthopedics, SSM Physical Therapy and SLUCare, the physicians of Saint Louis University.

We also keep kids in the game through educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health. SportsCare is a young athlete's best connection to sports medicine and athletic well-being.

For more information about Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at cardinalglennon.com/sportscare.



Web | cardinalglennon.com/sportscare
YouTube | youtube.com/ssmcardinalglennon
Facebook | facebook.com/cardinalglennon
Twitter | twitter.com/cardinalglennon

Expert care for your young athlete by SSM Cardinal Glennon pediatricians and SSM emergency medicine specialists, 24 hours a day in the ER at:

DePaul Health Center
St. Clare Health Center
St. Joseph Health Center
St. Joseph Hospital West