

Elbow Pain

OVERVIEW

Commonly, people are diagnosed with Tennis or Golfer's Elbow. What the heck is the difference? Well, first of all, one of the things these conditions have in common is that they sure are painful and both limit your activities. In fact, both of these conditions have more in common than not. The difference is that the pain you experience is in different locations. With Tennis Elbow, you are going to feel pain on the outside area of your elbow, while Golfer's Elbow affects the inside area.

Don't play golf or tennis but your elbow is killing you? These types of elbow conditions are a bit of a misnomer; they are pretty common even if you have never held a racquet or club in your life!

These conditions are an inflammation of the tendons that attach to the elbow and are caused frequently by repetitive actions with your forearm and wrist, which happens with gripping motions, like when using tools, raking, cutting, and painting.

Fortunately, most cases of Tennis Golfer's Elbow respond well to conservative treatments but be prepared for a complete recovery that may take weeks or even months, depending on the severity of the condition. The most important thing to do to start to relieve the injury is to reduce the amount of strain on the affected tendons. This may include avoiding that aggravating activity, resting the arm, using a brace or athletic taping, wrist splints, and once healed, correcting improper technique/form to prevent the recurrence of the injury.

