

Elbow Injuries and Rehabilitation

This article will help you to identify some of the most common causes of elbow pain with tips to help prevent and resolve these potentially disabling conditions.

Ligaments of the Elbow Joint

Two ligaments are present in the elbow joint -- the ulnar collateral ligament and the radial collateral ligament. These ligaments provide strength and support to the joint, as do the surrounding muscles.



The ulnar collateral ligament is a strong, fan-shaped condensation of the fibrous joint capsule. It is located on the inner side of the joint. This ligament prevents excessive outward movement of the elbow joint.

The radial collateral ligament is also a strong, fan-shaped condensation of the fibrous joint capsule. It is located on the outer side of the joint. This ligament prevents excessive inward movement of the elbow joint.

Injury to the sensitive structures around the elbow, or inflammatory conditions such as bursitis or tendonitis often respond well to conservative physical therapy. Conversely if left untreated, may require more invasive medical treatments such as injections or even surgery. The following is a partial list of conditions that we treat successfully at our office:

Disorders of the Elbow

Biceps Tendonitis

The biceps muscle is a large muscle that works to bend the elbow as well as elevate the shoulder. This muscle is connected to the bones above and below the arm by a thick strong tendon. There are two heads to the biceps muscle, the long head and the short head. With repetitive use, the biceps tendon can become inflamed and painful during use.

If you are experiencing symptoms associated with Tendonitis, call our office today to see how our techniques can benefit you. (908) 753-0144.

Olecranon Bursitis

The bursa is a slippery sac between the skin and the bones at the tip of the elbow. The bursa allows the skin to move freely over the underlying bone. Normally, the bursa is flat. If it becomes irritated or inflamed due to repetitive movement, a condition known as olecranon bursitis develops.

If you are experiencing symptoms associated with Bursitis, call our office today to see how our techniques can benefit you. (908) 753-0144.

Tennis Elbow

Tennis elbow (lateral epicondylitis) is also an inflammatory disorder. Tennis elbow results when the muscles that extend the wrist are overused. This overuse results in swelling or inflammation of the muscle tendons. This inflammation causes pain and discomfort at the outer aspect of the elbow joint.

If you have experienced any of the above-mentioned conditions or symptoms, you may be a candidate for conservative therapy at our office. Give us a call to find out today (908) 753-0144.