

ELBOW PAIN

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

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:

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

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 to keep the elbow immobilized.
- Keep the elbow elevated above your heart
- 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.

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.



LOCATIONS CLOSE TO HOME

SSM HEALTH CARDINAL GLENNON CHILDREN'S HOSPITAL PEDIATRICIANS AND PEDIATRIC SPECIALISTS SEE PATIENTS AT CONVENIENT LOCATIONS IN MISSOURI AND ILLINOIS:

- 1** Pediatric Emergency Room/
Pediatric Specialists
**SSM Health Cardinal Glennon
Children's Hospital**
1465 South Grand Blvd.
St. Louis, MO 63104
- 2** Pediatric Emergency Room/
Pediatric Specialists
SSM Health St. Joseph Hospital
Koenig Building
400 Medical Plaza, Ste. 220
Lake St. Louis, MO 63367
- 3** Pediatric Emergency Room
SSM Health St. Joseph Hospital
300 First Capitol Drive
St. Charles, MO 63301
- 4** Pediatric Emergency Room
SSM Health DePaul Hospital
12303 DePaul Drive
St. Louis, MO 63044
- 5** Pediatric Specialists
St. Luke's Hospital
224 S. Woods Mill Road,
Ste. 640, South Medical Building
Chesterfield, MO 63017



- 6** Pediatric Emergency Room
SSM Health St. Clare Hospital
1015 Bowles Avenue
Fenton, MO 63026
- 7** Pediatric Emergency Room/
Pediatric Specialists
Anderson Hospital
2133 Vadalabene Drive, Ste. 6
Maryville, IL 62062
- 8** Pediatric Specialists
South County Sub Specialty Site
12700 South Fork Road, Ste. 155
St. Louis, MO 63128

SSM HEALTH CARDINAL GLENNON SPORTSCARE

SSM Health 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.

Specialists your child has access to through SSM Health Cardinal Glennon 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 SSM Health Cardinal Glennon SportsCare include SSM Health Cardinal Glennon Children's Hospital, SSM Health

Orthopedics, SSM Physical Therapy and SLUCare Physician Group 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.

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

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital and SSM Health emergency medicine specialists, **24 hours a day in the ER** at: SSM Health DePaul Hospital, SSM Health St. Clare Hospital, SSM Health St. Joseph Hospital - Lake Saint Louis, SSM Health St. Joseph Hospital - St. Charles.



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