

Joint Examination and Injection Course

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ELBOW

ELBOW PROBLEMS

Lateral epicondylitis (Tennis elbow)

Medial epicondylitis (Golfers elbow)

OA,RA,Gout etc

Olecranon bursitis

Other causes

REFERRED PAIN TO ELBOW

From proximal site:

Cervical root

Thoracic outlet syndrome

Supraspinatus tendonitis and SAB

From distal sites:

Carpal tunnel syndrome

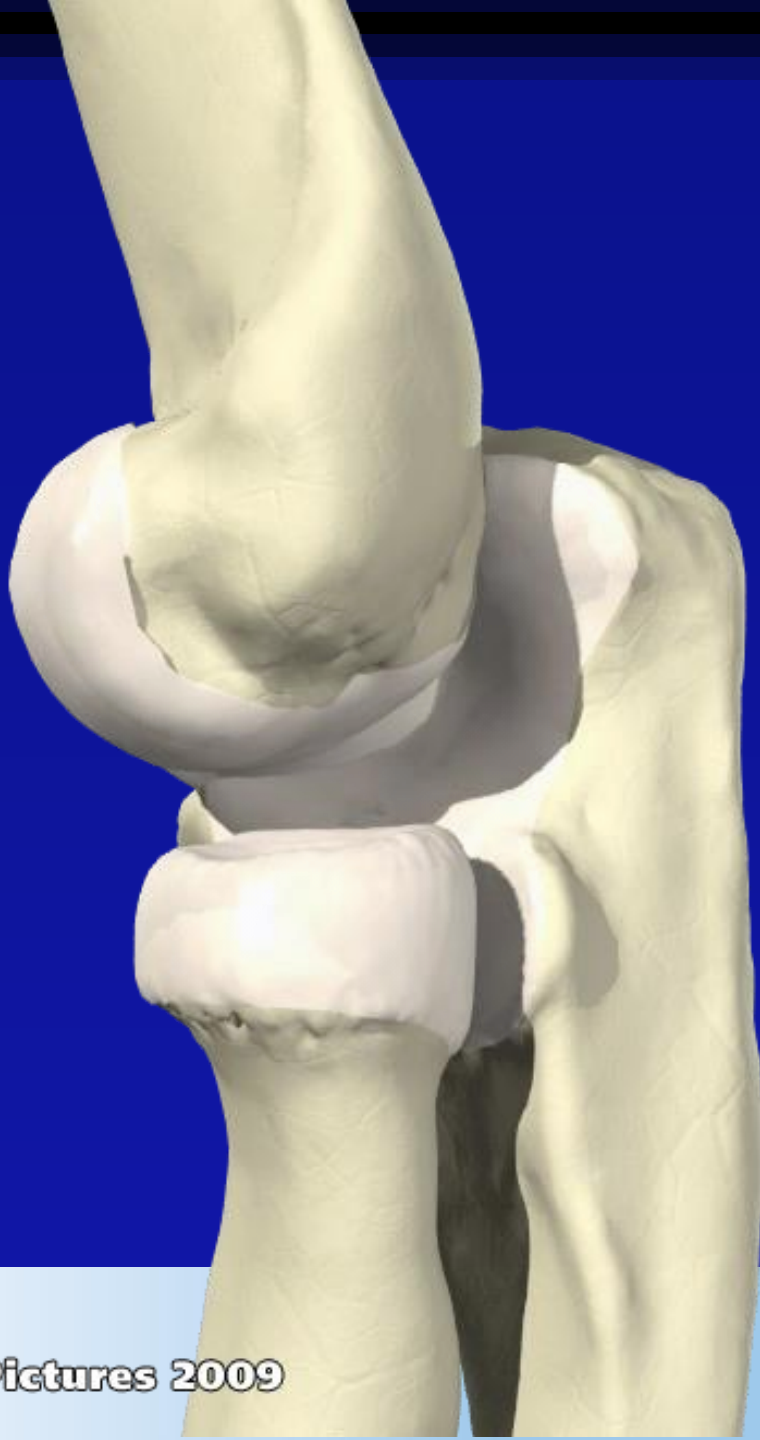
Ulnar nerve entrapment

TENNIS ELBOW

Diffuse pain in lateral side of elbow often radiating into upper arm and into forearm and dorsum of hand

There is tenderness localised to the lateral epicondyle

Pain is aggravated by dorsiflexing the wrist against resistance

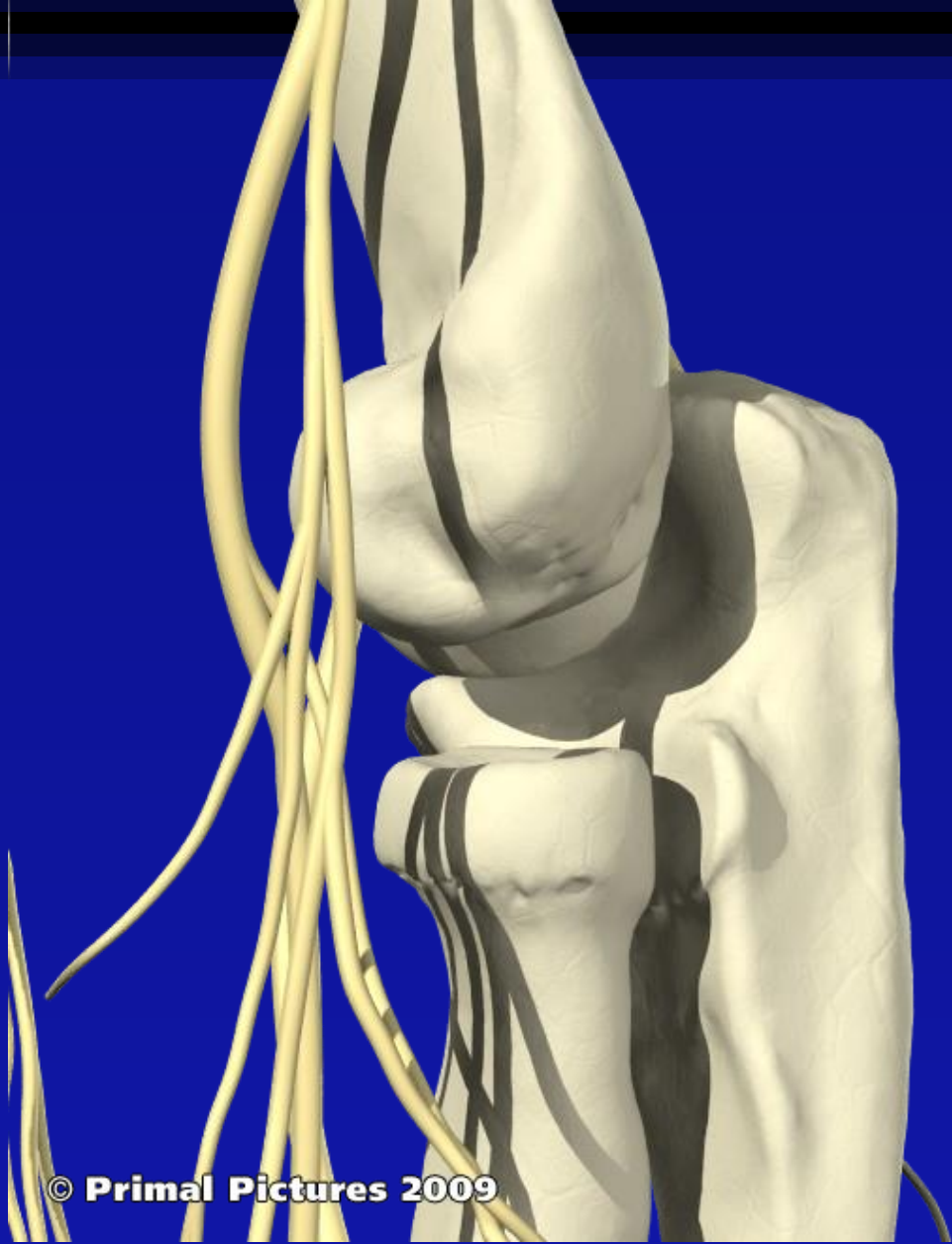






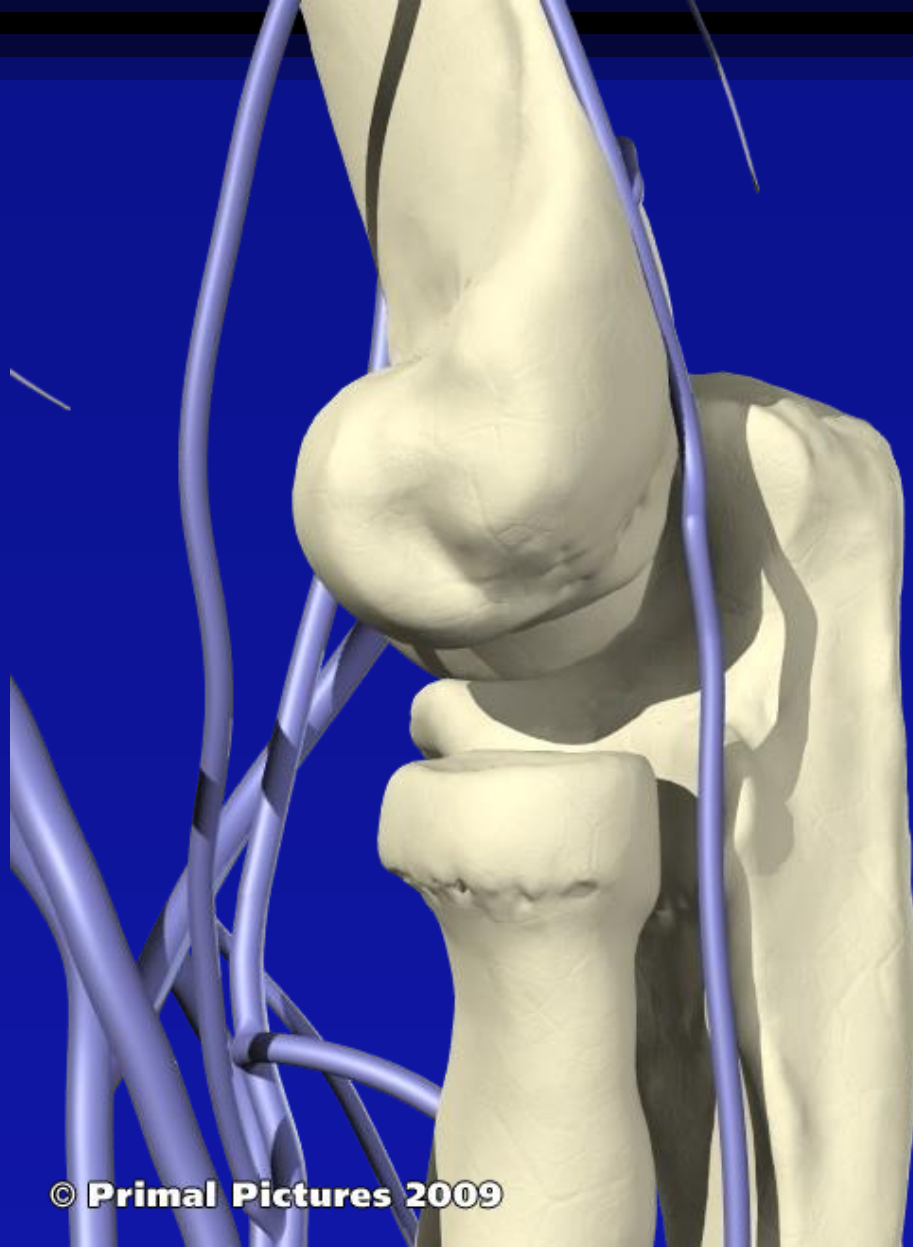
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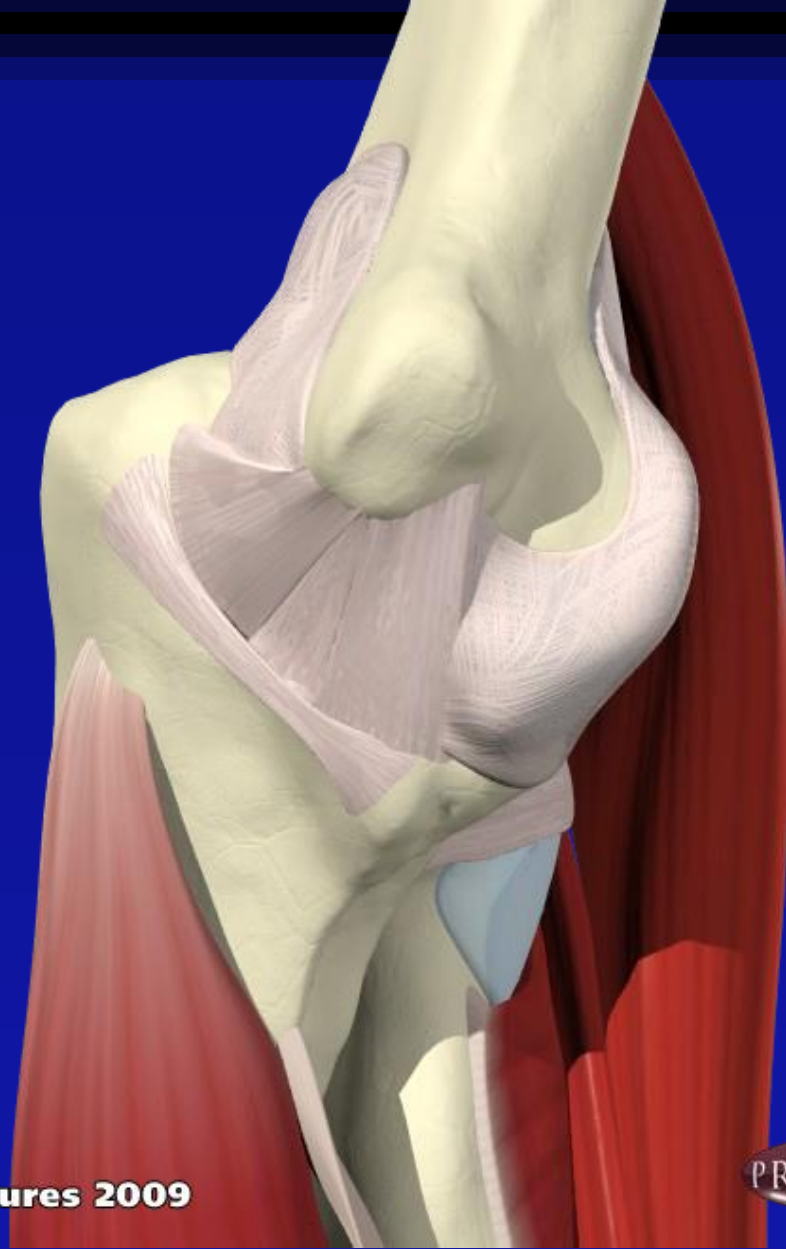
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GOLFERS ELBOW

Diffuse pain on medial side of elbow often radiating to upper and lower arm, accompanied by tenderness over medial epicondyle

Pain aggravated by active flexion of the wrist and resisted pronation



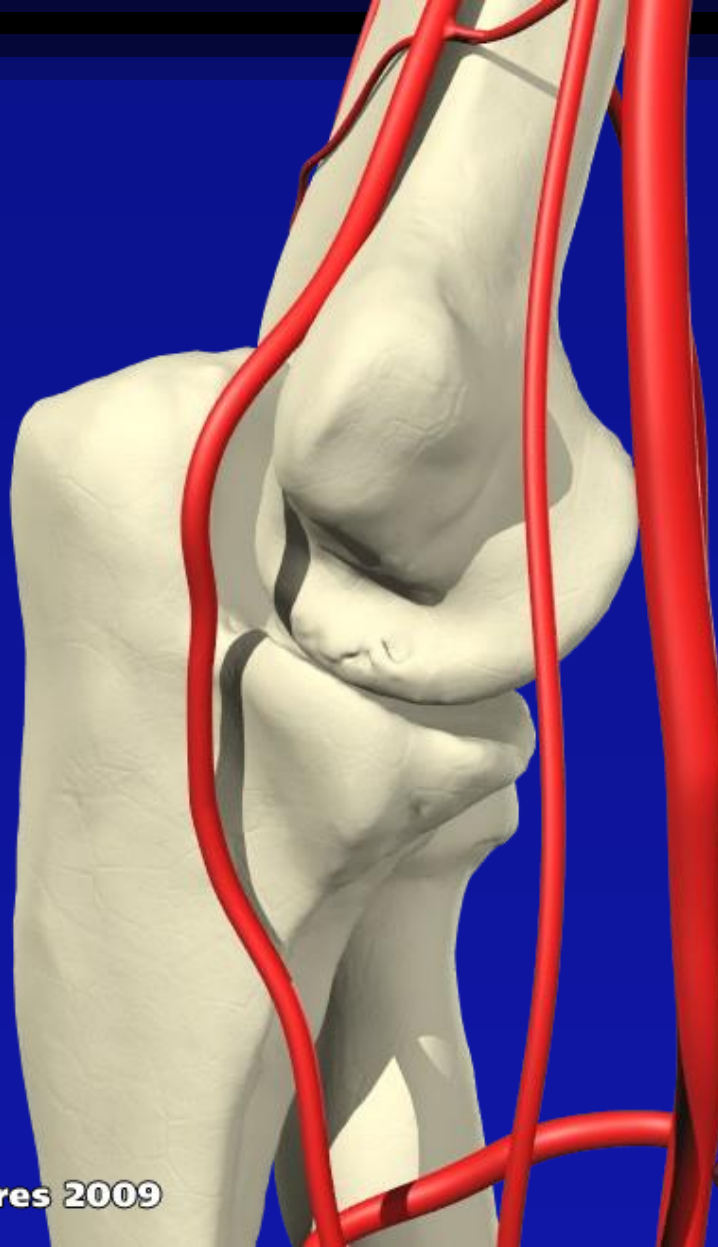
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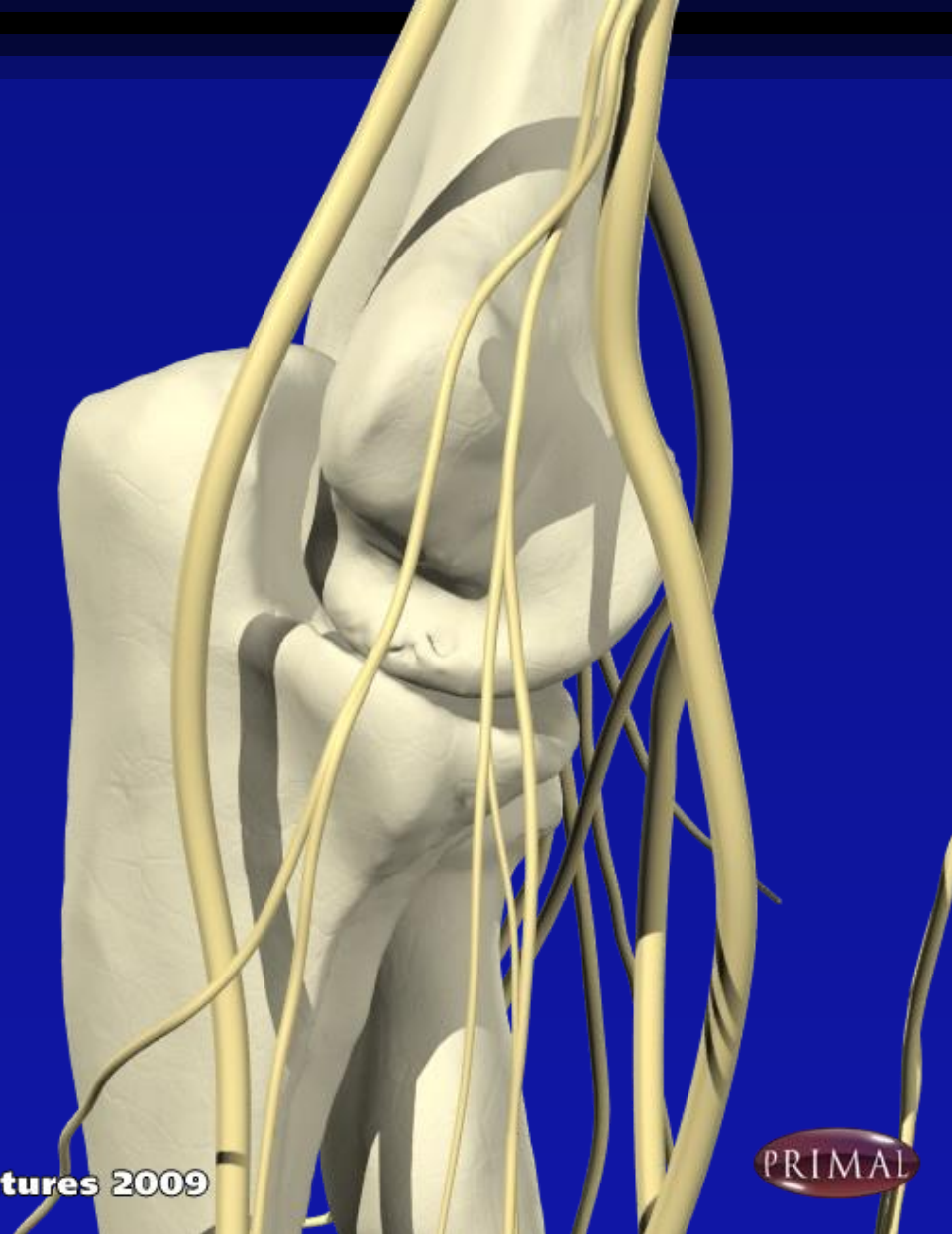
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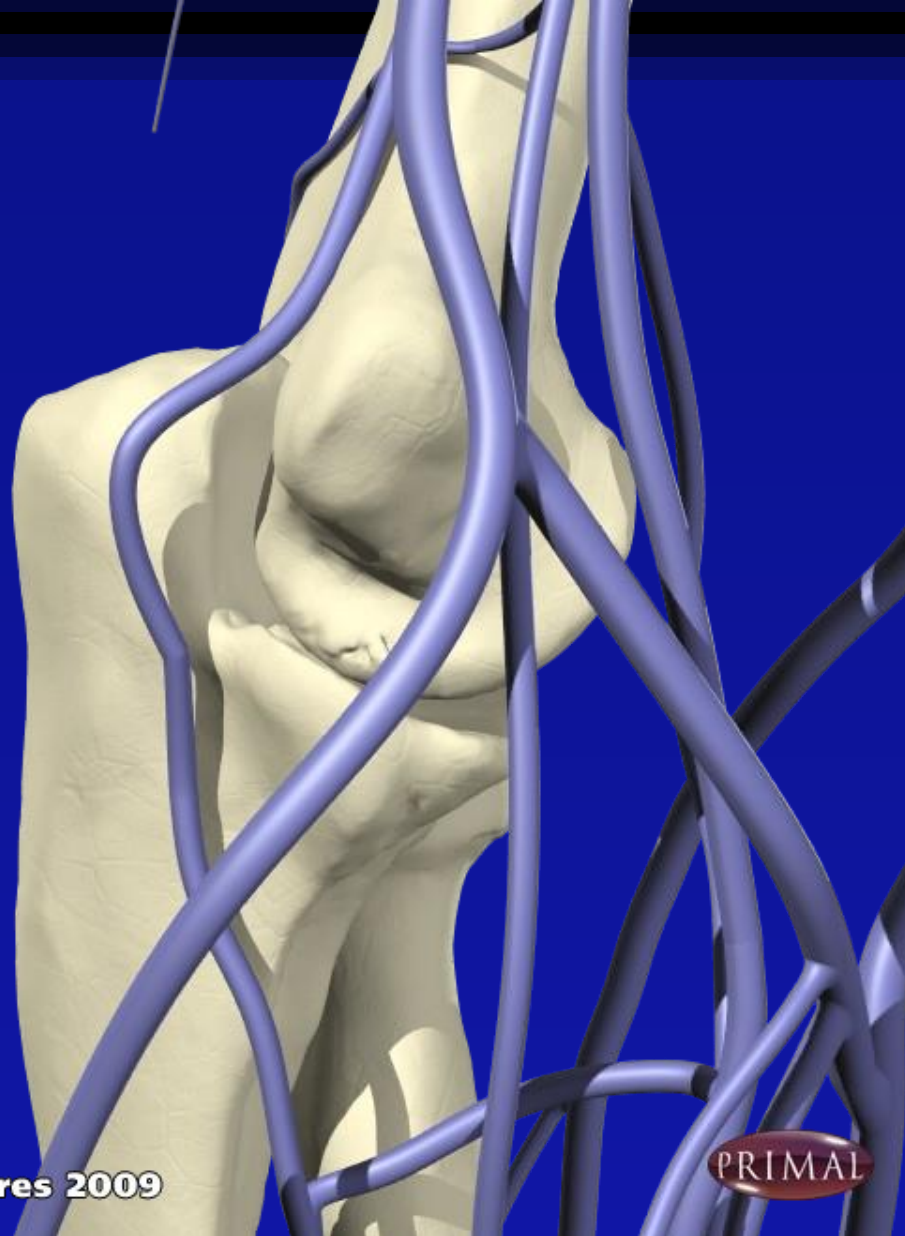
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Elbow pain caused by 'arthritis'

Loss of range of movement with characteristic fixed flexion deformity. (never seen with golfers or tennis elbow)

Hot with palpable swelling especially over head of radius

Tender joint margin

Reduced supination and pronation

Elbow pain caused by 'arthritis'

Inject down into groove along medial side of olecranon process towards the elbow joint

Olecranon Bursitis

Common in:

Trauma

Infection

Inflammatory arthritis

Gout

Aspirate and send aspirate for MCS and crystal analysis
(cytology)

Painless swelling requires no intervention unless large
and therefore inconvenient