



University Orthopaedic Center

Sports Medicine & Athletic Injuries Tip Sheet

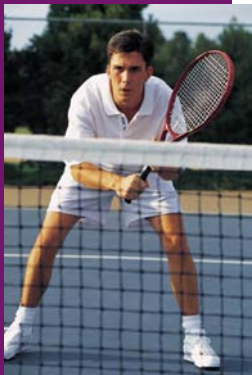


Your Elbows & You...



The elbow is both a hinge and pivot joint that allows a person to bend, extend, and rotate the arm. It connects the end of the upper arm bone (distal humerus) to the bones of the forearm (radius and ulna) with ligaments, tendons, and muscles.

To see how the elbow works, go to patient education/elbow/anatomy on the UOC website, www.universityorthopaedic.com.



What is tennis elbow?

Lateral epicondylitis, commonly known as tennis elbow, is inflammation of the tendon that connects the muscles of the forearm, wrist, and hand to the upper arm at the elbow. The tendon on the bony outside (lateral) part of the elbow (the epicondyle) is most often irritated by overuse during physical activity.

Some individuals develop tennis or golfer's elbow from prolonged carrying of heavy bags, knitting, chopping food, and/or computer work using improper wrist and arm posture. With sports, the problem arises when we are new to the game, possibly using an improper technique, experimenting with new racquets or clubs, or increasing the intensity or duration of exercise without proper preparation.

Tips for Preventing Injury

- Warm up well before play. Make sure to keep the muscles and tendons warm as you play.
- Choosing appropriate equipment and maintaining it properly will help to decrease stress put on the elbow during play.

What is Golf Elbow?

If the tendon irritation occurs on the inside of the elbow it is referred to as Golf Elbow.

Any activity that causes repetitive gripping of objects can result in the same irritation.

