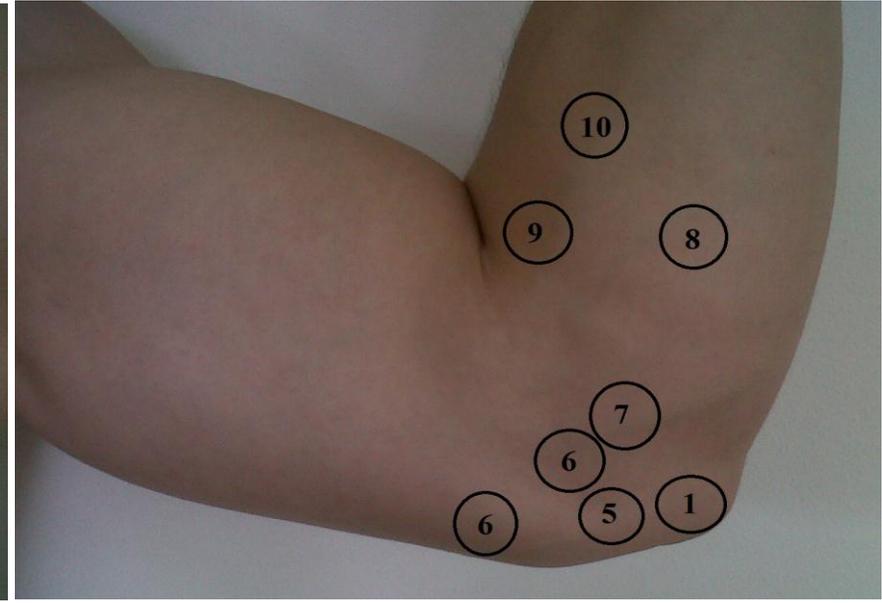
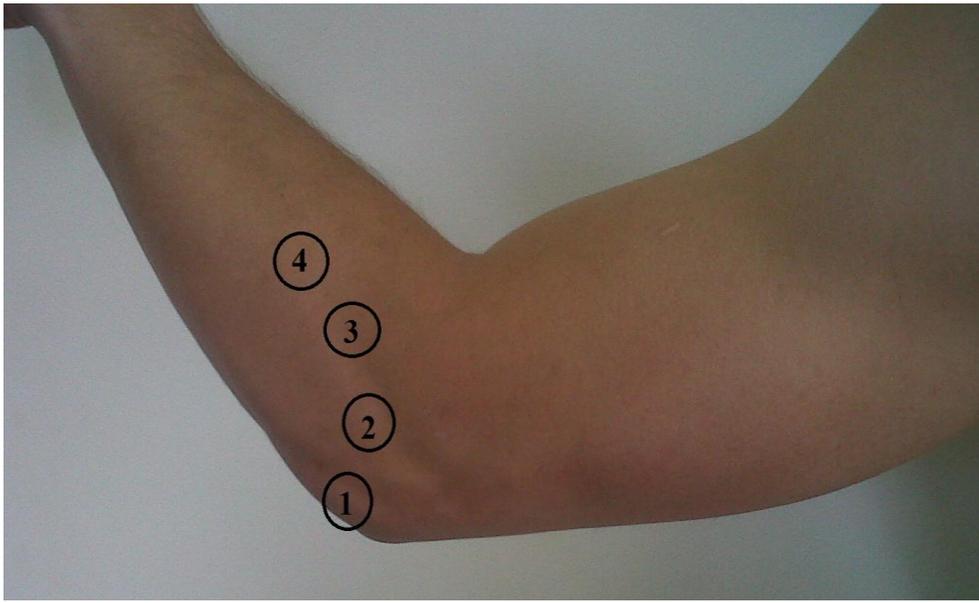
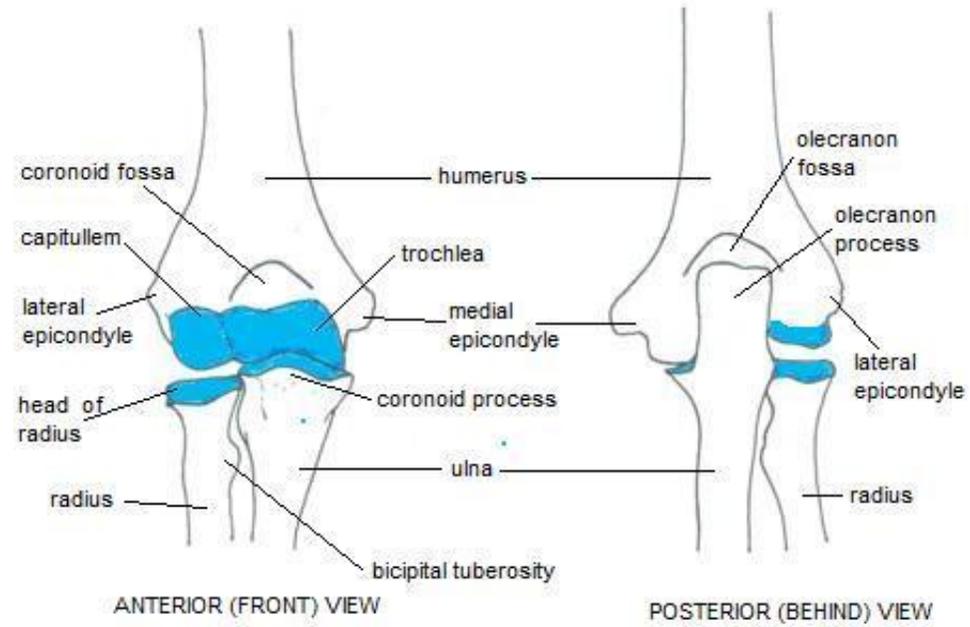


## ELBOW AND ARM PAIN



<b><u>Area of Pain</u></b>	<b><u>Structure</u></b>	<b><u>Traumatic Injury</u></b>	<b><u>Chronic Overuse Injury</u></b>
<b>1</b>	Olecranon and insertion of Triceps muscle.	Olecranon Fracture, Olecranon Bursitis.	Triceps Tendonitis, Posterior Impingement Syndrome.
<b>2</b>	Lateral Epicondyle of Humerus, Wrist Extensor muscles.	Supracondylar Fracture.	Lateral Epicondylitis (Tennis Elbow)
<b>3</b>	Head of Radius Bone and Capitellum.	Radial head fracture or dislocation.	Radial head subluxation, Osteochondritis Dissecans of Capitellum.
<b>4</b>	Supinator muscle and Radius Bone.	Radius fracture.	Supinator Syndrome, Posterior Interosseous nerve Syndrome.
<b>5</b>	Ulnar nerve	Damaged ulnar nerve due to fracture.	Ulnar Neuritis, subluxating Ulnar nerve.
<b>6</b>	Medial Epicondyle of Humerus, Wrist Flexor muscles.	Supracondylar Humerus fracture, Ulnar Collateral Ligament Sprain.	Medial Epicondylitis (Golfers Elbow), Little Leaguers Elbow.
<b>7</b>	Ulnar Collateral Ligament of Elbow.	Collateral ligament Sprain.	Collateral Ligament Sprain.
<b>8</b>	Wrist Flexor muscles.	Contusion	Flexor Tendonitis.
<b>9</b>	Biceps tendon insertion.	Avulsion of Biceps muscle	Biceps muscle strain
<b>10</b>	Pronator Teres muscle.	Contusion	Pronator Teres syndrome.

### **More ELBOW CONDITIONS**

<b><u>Condition</u></b>	<b><u>Cause</u></b>	<b><u>Symptoms</u></b>
<b>Posterior Impingement Syndrome</b>	Repetitive elbow extension causing compression of structures leading to inflammation and bony outgrowths.	Sharp posterior elbow pain especially on quick elbow extension. May have associated ‘popping’/’clicking’ sounds or even locking of the elbow.
<b>Osteochondritis (Capitellum)</b>	Avascular necrosis (degeneration due to lack of blood supply) of the bone due to trauma or other mechanisms.	Usually young males with lateral (outside edge) elbow pain and stiffness. May have ‘clicking’ sounds.
<b>Little League Elbow</b>	Due to a chronic overload which stretches the inside structures of the elbow and compresses the outside structures. Normally from repetitive throwing actions.	Pain on the inside or outside of the elbow.