

THE ELBOW JOINT

At a glance

A whole series of afflictions can be attributed to the elbow joint; diagnosis and especially therapy often take a long time.

The following paragraphs will describe two of the most common and very typical clinical pictures of the elbow joint. Our goal is to familiarize you with the essential definitions associated with this joint so that they can serve as aids for a deeper conversation with your physician or as a way to learn the basics about this topic.

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1. Introduction

Narrow anatomical conditions as well heavy and constant use of one's arms in everyday (occupational) life make the elbow joint especially prone to injury and disease. The elbow's range of movement is often restricted by fusions and adhesions, especially following bone fractures and surgical procedures. One can expect cartilage damage and accompanying osteoarthritis

2. Anatomy and physiology

The elbow joint is a hinge joint – in other words, it can be bent and stretched. Since this movement takes place between the upper arm (humerus) and the cubitus (ulna), we speak of the so-called humeral-ulnar joint.

However, the elbow joint is also a rotary joint that allows the lower arm to turn outward (supination) and inward (pronation); this movement takes place in the joint located between the ulna and the radius. There is also a joint between the humerus and radius. Here, a ring-like ligament holds the small radial shaft at the ulna, allowing rotation.



3. Tennis elbow (lateral epicondylitis)

1. Cause(s)

Incorrect and excessive straining of the joint, especially while playing tennis, often can cause tennis elbow. However, many other everyday strains and activities (such as piano playing, typing, screwdriver use, etc.), overstrain the muscles of the forearm and their tendinous points of attachment to the bone, causing pain. Age-related changes of the tendon tissue are another cause.

2. Clinical aspects/ Symptoms/Diagnosis

Pain starts on the external side of the elbow, exactly above the lateral upper arm knuckle (the lateral/radial epicondyle), where the muscles are directly attached to the bone.

The affected person feels intense and stabbing pain, especially when grasping something or shaking hands. The clinical examination may reveal swelling sensitive to pressure. An Xray should be taken in order to rule out other changes in the joint such as osteoarthritis. Even a neurological examination may be a good idea to find out whether the pain comes from (and therefore radiates from) the cervical spine.

3. Therapy essentials

Tennis elbow is initially treated without surgery with a success rate of up to 90%. Initially, the patient is ordered to rest and avoid activities that trigger pain. In many cases, local application of ice and compression bandages will reduce or relieve pain.

Elbow supports, acupuncture and physical therapy measures help alleviate pain

In addition, the area can be treated with cortisone injections or a local painkiller. Elbow bandages or lower arm splints that encompass the wrist can also alleviate pain, as well as a whole range of physical therapy measures. The use of ultrasound or shock waves also helps.

If all measures described here are not successful, surgery to cut or notch the affected tendon is the only remaining alternative.

4. Golfer's elbow (medial epicondylitis, pitcher's elbow)

1. Cause(s)

Much like tennis elbow, patients develop golfer's elbow due to chronic overuse of the muscles that bend the hand joint and the fingers, causing pain at the inside of the elbow.

2. Therapy essentials

Same as for tennis elbow.

FUTURO™

5. How do FUTURO elbow bandages work?

Thanks to their ability to fit any part of the patient's anatomy and the elasticity of the material, FUTURO elbow bandages take the shape of anatomical contours very well. They exert a slight compression on the affected painful parts of the joint and provide some heat.

Scientific studies have also demonstrated the biomechanical effect of the bandages: Fully unconscious reflexes support or improve the perception of the actual position and exertion status of the joint, thus stabilizing it very accurately by activating the corresponding muscles. Scientists call this unconscious reflex "the proprioceptive effect" of joint bandages. In the final analysis, the joint's fine motor movements are improved and protected at the same time.



Developed in collaboration with a panel of specialized physicians and medical therapists.

Learn More about FUTURO™
Elbow Supports, [CLICK HERE](#)