

# ELBOW INJURIES

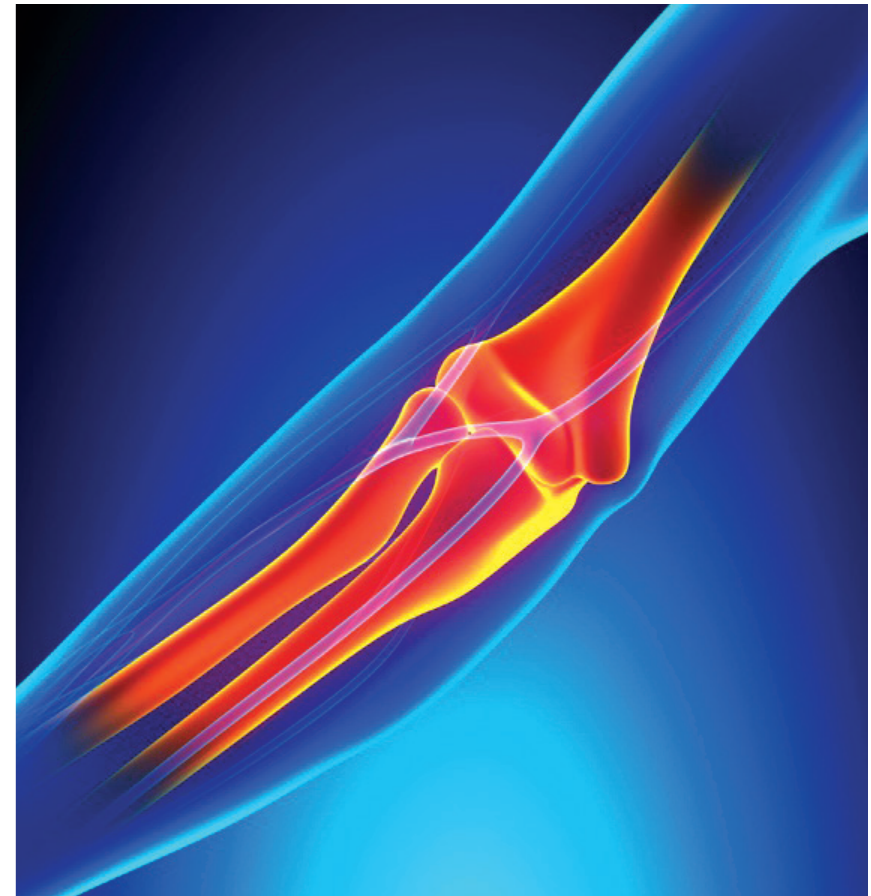
## IDENTIFICATION AND TREATMENT

### Medial Collateral Ligament Sprain

- Valgus force
- Medial side pain
- Medial swelling
- Possible loss of some extension
- Tender over ligament

### Treatment

- Ice
- Rest
- Evaluation by physician



Chris Mathewson  
Head Athletic Trainer  
cmathewson@dcsdk12.org  
303-387-4111

# Medial Epicondylitis

*"Little League Elbow"*

- Valgus overload causes excessive stress on medial side of elbow while compressing lateral side
- **\*\*Common in throwing athletes\*\***
- Pain usually localized to medial side of elbow with increased pain with use
- Localized swelling on medial elbow
- Tender over medial elbow, medial epicondyle

## Treatment

- Ice
- Stretch as instructed
- Rest

# Lateral Epicondylitis

*"Tennis Elbow"*

- Compression overload of lateral side of joint
- Gradual onset of pain with use on lateral side of elbow
- Localized lateral side swelling
- Localized over lateral epicondyle

## Treatment

- Ice
- Stretch as instructed
- Rest