

Elbow pain

A parent's guide to signs, symptoms, treatment, and prevention.



Elbow pain or tenderness may be caused by a traumatic or overuse injury. This describes aching or other discomfort in the elbow that is not related to direct injury.

Causes

Elbow tendonitis is an inflammation and injury to the tendons. Tendons are soft tissues attaching muscle to bone.

People who play racquet sports are most likely to injure the tendons on the outside of the elbow. This condition is commonly called tennis elbow. Golfers are more likely to injure the tendons on the inside of the elbow.

Sports that require extensive use of the wrist and arm, like baseball, may cause elbow tendonitis.

Other common causes of elbow pain are:

- Arthritis - narrowing of the joint space and loss of cartilage in the elbow
- Bursitis - inflammation of a fluid-filled cushion beneath the skin
- Elbow strains
- Infection of the elbow

First aid

- Apply ice up to 15 minutes every hour for the first day. Continue to apply ice every three to four hours for up to three days. Wrap the ice in a cloth (do not apply ice directly to the skin).
- Wrap the elbow with a bandage to keep the elbow immobilized.
- Keep the elbow elevated above your heart.
- Give the elbow joint complete rest for at least two days. DO NOT return to the activity that caused the problem for at least three weeks. Then, gradually strengthen the muscles around your elbow. A physical therapist can teach you how to do this.
- While you are resting the joint, take pain relievers such as acetaminophen or ibuprofen.

When to contact a professional

- You have prolonged tendonitis that does not improve with home care.
- Pain is due to direct elbow injury.
- There is obvious deformity.
- You are unable to use the elbow.
- You have a fever or swelling and redness of your elbow.



● **SSM Health Cardinal Glennon Children's Hospital**
1465 South Grand Blvd.
St. Louis, MO 63104



● **SSM Health Cardinal Glennon Pediatrics Specialty Services SSM Health St. Joseph Hospital**
400 Medical Plaza, Ste. 220
Lake Saint Louis, MO 63367



● **SSM Health Cardinal Glennon Pediatrics Specialty Services South County**
13000 Butler Crest Dr.
St. Louis, MO 63128



● **SSM Health Cardinal Glennon Pediatrics Specialty Services North County**
3878 Pershall Road
Ferguson, MO 63135



● **SSM Health Cardinal Glennon Pediatrics Specialty Services Anderson Ambulatory Surgery Center**
3403 Anderson HealthCare Dr.
Edwardsville, IL 62025

SSM Health Cardinal Glennon SportsCare

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

Specialists your child has access to include adolescent medicine physicians, cardiologists, emergency medicine physicians, neurologists, nutritionists, orthopedists, pediatric psychologists, physical therapists, pulmonologists, radiologists, and rehabilitation specialists. We also keep kids in the game through educational programs and supports for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call or text us **24/7 at 314-577-5640**.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital providers, **24 hours a day in the ER at:** SSM Health Cardinal Glennon Children's Hospital, DePaul Hospital, St. Clare Hospital, St. Joseph Hospital-St. Charles, St. Joseph Hospital-Lake St. Louis, Anderson Hospital, and HSHS St. Elizabeth Hospital.



During the COVID-19 pandemic, SSM Health ministries implemented enhanced safety measures, which are evaluated periodically based on COVID-19 transmission numbers. To ensure your protection and that of others, we continue to require face masks upon entry along with ministry-specific screening processes.