
Elbow Pain

Introduction

Most elbow pain has a very simple cause and usually settles with time. The pain generally comes from soft tissues such as tendons and ligaments. You can often manage this pain yourself with over-the-counter medication. Speak to your GP or pharmacist for advice.

A period of rest from activities that aggravate symptoms can help, however it is important to maintain gentle movements of the elbow to prevent stiffness. Gentle exercises such as the ones below, can help reduce pain and stiffness at the elbow.

Should I see a Medical Professional?

Most cases of elbow pain will improve with time or self-help, however you may need to see your doctor or physiotherapist if you have tingling, numbness or weakness in your hand or if your pain doesn't settle sufficiently.

You should attend A+E if you have injured your elbow, if it is misshapen, swollen, hot, red and severely painful.

What can I do to help ease my symptoms?

- Over-the-counter medication can help (speak to your GP or pharmacist for advice).
- Ease up on aggravating activities and try to use your elbow in a different way for a period of time.
- Try and keep the elbow moving.
- Try the general exercises on this sheet.
- Don't worry most symptoms will improve over time.



In sitting or standing bend your elbow up and down ten times.



In sitting or standing with your elbow bent turn your palm up and down ten times.

For further information

The NHS website also provides trusted online information and guidance on all aspects of health and healthcare to help you manage your condition and/or inform your choices about your health: **www.nhs.uk**.

Further Information

Some useful websites to look at:

<https://www.tims.nhs.uk/self-care/elbow/>

<https://www.versusarthritis.org/media/23083/elbow-pain-information-booklet.pdf>

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