

Elbow Pain Reference Guide

History	Physical Exam	Imaging	Differential Diagnosis by Anatomic Location	Management	When to Refer
<ul style="list-style-type: none"> • Age • Acute or chronic pain • Duration/frequency • Mechanism • Sport/Position • Pop/Tear • Swelling (Rapid?) • ROM deficit • Instability • Numbness/tingling • Location of Pain • Mechanical symptoms (locking, catching) • Attempted treatment (RICE?) 	<p>Inspection</p> <ul style="list-style-type: none"> • Joint Effusion, ecchymosis • Skin integrity - abrasion/laceration etc • Alignment – varum/valgum <p>ROM/Strength</p> <ul style="list-style-type: none"> • Extension/Flexion • Pronation/Supination <p>Palpation</p> <ul style="list-style-type: none"> • Effusion vs extra-articular soft tissue swelling • Medial-epicondyle/apophysitis, UCL, flexor pronator mass, ulnar nerve • Lateral-epicondyle, radio-capitellar joint • Posterior – olecranon <p>Special Manuevers</p> <ul style="list-style-type: none"> • Valgus/varus • Tinel's <p>Neurovascular exam</p> <p>Adjacent Joints</p>	<p>Radiographs Indications</p> <ul style="list-style-type: none"> • Deformity, acute effusion, instability, tender apophysis, chronic pain not improving • Standard trauma- AP, lateral, oblique <p>MRI Indications</p> <ul style="list-style-type: none"> • Radiographs fail to clarify the problem (consider with chronic ROM deficit) • To confirm your clinical suspicion (To answer a specific clinical question) • Instability • Pain failing conservative care • To plan for surgery 	<p>Diffuse/Global Pain</p> <ul style="list-style-type: none"> • Fracture, acute trauma, immediate decreased ROM • Traumatic dislocation <p>Anterior Elbow Pain</p> <ul style="list-style-type: none"> • Biceps injury/overuse <p>Medial Elbow Pain</p> <ul style="list-style-type: none"> • UCL sprain • Medical epicondylitis • Medial epicondylar apophysitis • Medial epicondylar avulsion fracture • Ulnar neuritis/C8-T1 Radiculopathy <p>Lateral Elbow Pain</p> <ul style="list-style-type: none"> • Lateral epicondylitis • Panner's • OCD capitellum • Radial Nerve Syndrome <p>Posterior Elbow Pain</p> <ul style="list-style-type: none"> • Olecranon injury/apophysitis • Triceps injury/overuse 	<p>R-Rest I-Ice C-Compression E-Elevation</p> <ul style="list-style-type: none"> • Pain Control • Splint/Brace • Limit use to < 1 week to avoid elbow stiffness <p>• Rehabilitation/early ROM</p>	<ul style="list-style-type: none"> • Failure to improve with conservative care • Potential surgical conditions (Trauma/fracture, physis injury, dislocation, OCD) • Parental Concern • Return to Play