



ELBOW INJURIES: NOT ALL ELBOW PAIN IS TENNIS ELBOW...

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In the news...

AB de Villiers is still recovering from an elbow injury that kept him out of the 2016 home Tests against New Zealand (© WICB)

South Africa's ODI captain AB de Villiers will sit out the one-off match against Ireland on September 25 to allow himself more time to recover from the elbow injury that kept him out of the New Zealand Tests.

"AB has an impingement syndrome, so when he plays certain cricket shots, he gets excruciating pain in the left elbow. Sometimes, it does settle with a conservative approach, but unfortunately, in AB's case it hasn't been so," said Mohammad Moosajee, South Africa's team manager.

When asked whether de Villiers' injury was a result of overuse, Moosajee conceded that the cluttered cricket calendar may have had something to do with the problem.



Elbow Impingement

A condition characterized by compression and subsequent damage to the soft tissue of the elbow, generally causing pain toward the back of the elbow, and sometimes 'inside' the elbow joint.



Between the bones that articulate to make up the elbow joint (the humerus (upper arm), together with the radius and ulna (forearm bones) is located shock absorbing cartilage to cushion the joint. On straightening the elbow fully, this soft tissue is compressed. If this compression is excessive, or if it occurs far too frequently, damage and inflammation of the cartilage can occur. If bony spurs have developed in the elbow joint (also a result of overuse, and quite a frequent occurrence) this exacerbates the problem.

Who is at risk for elbow impingement?

Apart from sudden, specific incidents which result in injury, the throwing athlete is at risk. Think Javelin throwers, baseball pitchers and cricket bowlers. The "winding up" or "cocked" phase of the throwing motion (just prior to release of the object) may hyper-extend the elbow, and repetition of this action may result, over time, in an impingement.

Symptoms of Elbow Impingement

Typically, pain at the back of the elbow, which becomes worse when the elbow is straightened is symptomatic. Pain is also noted on firmly touching the area. There may also be swelling and stiffness of the elbow joint.

If you suspect an elbow impingement, see your physiotherapist now for an examination.

Book an appointment:

Physiodynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Open from: 7am to 5.30pm

Telephone: 011 706 7433