

## Know your elbow

- The elbow is comprised of three bones:
  - The Humerus or upper arm bone
  - The Radius
  - and the Ulna



- Muscles around your elbow both bend and straighten your elbow, the commonly known Biceps and Triceps, but also help you bend and straighten your wrist
- These muscles are often irritated and break down with overuse and can lead to a variety of different conditions
- Tennis Elbow (Lateral Epicondylitis)
- Golfer's Elbow (Medial Epicondylitis)
- Thrower's Elbow
- Carpal Tunnel

### Other conditions treated by PTs include:

- Traumatic injury like Fracture, sprains, and strains

*Most conditions can be treated conservatively by a Physical.*

**University of Delaware  
Physical Therapy is Ranked  
#1 in the Nation by US  
News and World Report!**

**We staff Board Certified  
Specialists in the areas  
of Orthopedics, Sports,  
Geriatric, and Neurologic  
physical therapy.**



## Delaware Physical Therapy Clinic

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**Delaware  
Physical Therapy Clinic**

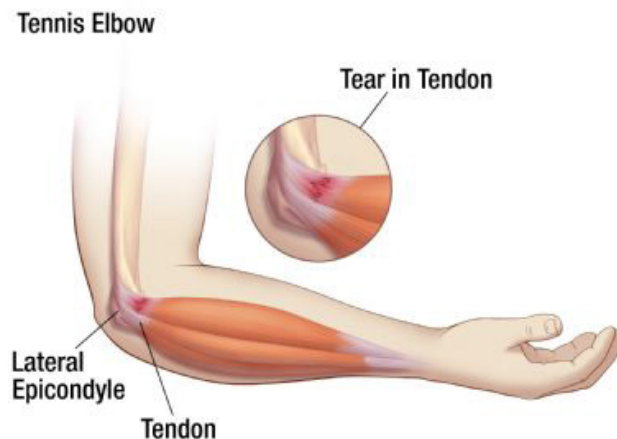
*Open to the public*

**Do you suffer from  
elbow pain?**



## Elbow Pain

**Lateral Epicondylitis** or “**Tennis Elbow**” is pain over the outside of the elbow commonly developed with overuse or breakdown of the muscles and tendons that lift your wrist. This pain is worsened by spending extended periods of time typing or using a mouse, overly gripping objects or altering one’s tennis equipment or technique. Rest, ice, and stretching initially helps, followed by altering aggravating activities. If symptoms persist, conservative treatment is usually advised and symptoms typically resolve.



## Physical Therapy

- Our Physical Therapists will provide a thorough individualized evaluation based on your symptoms.
- Review your health history, question about the nature of your condition.
- Perform tests and measures to identify impairments which may be playing into your underlying pain.
- Screen to identify the contribution of potential health problems.
- Provide functional assessments of your body movement during work, home, sport, or workstation set up.

## How Can Physical Therapy Help Elbow pain?

- Stretching & Strengthening - increase strength and flexibility of the muscles/soft tissue important to healing.
- Manual treatments for loosening of muscle and tight structures or to improve motion of the joints in the elbow, wrist, and/or shoulder.
- Complete workstation evaluations to modify aggravating work set ups.
- Teach you exercises and self treatments to return to your sport, work, or your daily activities pain free.



Call today to schedule an appointment.  
We are on campus and open to the public!

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