

Elbow Strain, Sprain & Strapping

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Abstract – The elbow is a complex joint designed to withstand a wide range of dynamic exertional forces. The location and quality of elbow pain can generally localize the injury to one of the four anatomic regions: anterior, medial, lateral, or posterior. The history should include questions about the onset of pain, what the patient was doing when the pain started, and the type and frequency of athletic and occupational activities. Lateral and medial epicondylitis are two of the more common diagnoses and often occur as a result of occupational activities. Patients have pain and tenderness over the affected tendinous insertions that are accentuated with specific movements. If lateral and medial epicondylitis treatments are unsuccessful, ulnar neuropathy and radial tunnel syndrome should be considered. Ulnar collateral ligament injuries occur in athletes participating in sports that involve overhead throwing. In general, wrist taping is performed using a rigid tape. The present study aimed to examine the effect on grip strength exertion due to different strapping pressures on the wrist joint using rigid tape.

INTRODUCTION

What is sprain ?

A sprain is a stretch or tear of a ligament.

What is strain?

A strain is a twist, pull, or tear of a muscle or tendon.

What is strapping?

Strapping, is a bundling and banding, is the process of applying a strap to an item to combine or hold it. The strap may also be referred to as strapping. Strapping is most commonly used in the packaging industry

PURPOSE: To know the knowledge of rehabilitation procedure to overcome the bone fractures in sports.

RECOMMENDATIONS:

Sports injury of elbow sprain, strain and its strapping.

TYPES OF ELBOW INJURY:

1) Tennis Elbow:

Tennis elbow is a very common type of overuse injury. It can occur both from chronic repetitive motions of the hand and forearm, and from trauma to the same areas.

2) Golfer's Elbow

Golfer's elbow is very similar to tennis elbow, but less common. It is caused by overuse and repetitive motions like a golf swing. It can also be caused by trauma. Wrist flexion and pronation (rotating of the forearm) causes irritation to the tendons near the medial epicondyle of the elbow.

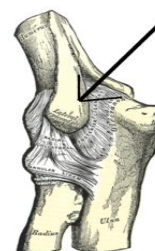
3) Distal Radioulnar Joint (DRUJ) Rheumatoid Arthritis.

Rheumatoid arthritis is a chronic disease that affects joints. It is very common in the wrist, and is most common at the radioulnar joint. It results in pain, stiffness, and deformities.

4) Cubital tunnel syndrome.

Cubital tunnel syndrome, more commonly known as ulnar neuropathy, occurs when the ulnar nerve is irritated and becomes inflamed.

➤ Tennis elbow:



Signs and symptoms:

- Pain on the outer part of the elbow (lateral epicondyle)
- Point tenderness over the lateral epicondyle—a prominent part of the bone on the outside of the elbow
- Pain from gripping and movements of the wrist, especially wrist extension and lifting movements

Pain from activities that use the muscles that extend the wrist.

➤ **Causes:**



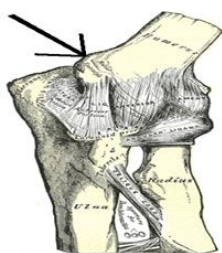
Studies show that trauma such as direct blows to the epicondyle, a sudden forceful pull, or forceful extension cause more than half of these injuries. It has also been known that incorrectly playing tennis may cause early stages of tennis elbow as shock is received when mishitting the ball.

➤ **Treatment.**

Evidence for the treatment of lateral epicondylitis before 2010 was poor. There were clinical trials addressing many proposed treatments, but the trials were of poor quality.

A 2009 study looked at using eccentric exercise with a rubber bar in addition to standard treatment: the trial was stopped after 8 weeks because the improvement using the bar for therapy was so significant.

➤ **Golfer's elbow.**



Causes.

The condition is called *Golfer's Elbow* because in making a golf swing this tendon is stressed, especially if a non-overlapping (baseball style) grip is used; many people, however, who develop the condition have never handled a golf club. It is also sometimes called *Pitcher's Elbow*^[1] due to the same tendon being stressed by the throwing of objects such as a baseball, but this usage is much less frequent.

Treatment

Non-specific palliative treatments include:

- Non-steroidal anti-inflammatory drugs (NSAIDs): ibuprofen, naproxen or aspirin
- Heat or ice
- A counter-force brace or "elbow strap" to reduce strain at the elbow epicondyle, to limit pain provocation and to protect against further damage.
- R.I.C.E

How to strap an elbow?

1) **Prepare for the Elbow Strap.**



2) **Buy bandages for your elbow.**



3) Get your skin ready for taping or bandaging.



7) Raise your arm for strapping.



4) Protect your skin before strapping.



8) Continue to place the tape along your arm.



5) Cut the tape for application.



9) Wrap the tape or bandage around your forearm.



6) Ask for help.



10) Secure the bandage.



11) Check the tightness of the bandage wrapping.**CONCLUSION:**

Here by I conclude that sports person or athletes and the general public as well can sustain this injury. People at risk for the injury have a history of elbow fractures In poor physical condition. So every sportsmen, coaches and physical educators should have a knowledge about the sports injuries and strapping techniques.

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Thank you.

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