

# What Are the Causes of Elbow Pain?



There could be multiple causes for elbow pain and this could prevent you from using your affected hand. The elbow joint is one of the most important joints in our body that help us make various forearm movements. For athletes, elbow pain can prevent them from playing the sport. Severe cases of elbow pain may require surgery for treatment.

Elbow surgery may require the application of trauma implants and instruments depending upon the severity and type of injury. To get high-quality orthopedic implants like olecranon plates and Radial Head Fracture Prosthesis, find an experienced [orthopedic device manufacturer](#).

In this post, we will discuss some of the elbow disorders that result in pain along with their causes.

## What Causes Elbow Pain?

### Fracture or dislocation

Fracture or dislocation of a bone in the elbow could cause intense pain along with swelling and tenderness to the touch. Fracture is when a bone in the elbow joint breaks whereas dislocation is the condition characterized by partial or complete displacement of the bone in the elbow joint. Any of these conditions could result in severe elbow pain.

Traumatic injuries like an automobile accident, contact sports injuries, or falling from a height on the elbow could result in fractures or dislocations.

### **Olecranon Bursitis**

Bursitis is a condition characterized by the inflammation of bursae, small fluid-filled sacs that protect joints. Now, when these sacs get inflamed in the elbow joint, olecranon bursitis occurs. Along with pain, olecranon bursitis could result in swelling and may cause difficulty in moving the affected elbow. Some of the common causes of the condition include:

A direct blow to the elbow

Infection

Arthritis

### **Medial Epicondylitis**

Medial epicondylitis is a condition characterized by the damage to inner tendons of the elbow. Also known as Golfer's Elbow, this condition generally occurs due to repetitive motion of the elbow joint. Baseball players and golfers are more prone to developing this condition.

### **Lateral Epicondylitis**

Lateral epicondylitis is when the tendons on the outside part of the elbow get affected. Again, overuse due to repetitive elbow movement for a long

time is the cause of this condition. Some of the common professions that may face lateral epicondylitis are:

Cooks

Painters

Carpenters

Plumbers

Autoworkers

### **Osteoarthritis**

Osteoarthritis is a condition that affects the cartilage present in the joints. This condition starts to wear & tear in cartilage and that eventually makes the joint weak and susceptible to injuries. This condition can also affect the elbow joint as a result of injury. This causes pain along with several other symptoms that include swelling, locking sensation, and difficulty in moving the affected elbow joint.

### **Ligament Strains and Sprains**

Any of the ligaments present in our body can be affected by strains and sprains. Repeated stress or trauma could be the reason for sprains and they may result in stretching of ligaments, partial tear, or complete tear. Any of these conditions may result in pain, joint instability, and swelling.

To get high-quality orthopedic implants and instruments, contact Siora Surgicals Pvt. Ltd., an experienced orthopedic device manufacturer in India. The company manages a huge inventory of finished and semi-finished goods plus, is also known to keep participating in medical trade fairs that are organized all across the globe. This year, [FIME Show](#)

[Miami](#) will be Siora's destination and the expo is going to take place from 27 to 29 July 2022.

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