

Elbow Conditions

16/01/2017

| CONDITIONS | OPTIONS |
|---|---|
| <p>Bursitis* https://www.bristolccg.nhs.uk/innf Tendonitis CEO(Tennis elbow), CFO (golfer's elbow), Bicipital. Neuritis: Ulnar nerve (Cubital tunnel) Median nerve, (Cubital fossa) OA: Elbow, Inf R/U jt, Instability: dislocation, Co-lateral Ligament strain/ Degenerative deformity. Fracture (supracondylar)/ Radial head Olecranon process, (impingement).</p> | <p>Physiotherapy orthotics X-ray can also show soft tissues USS / USS+ INJ MRI Inject diagnostic / therapeutic MRI arthrogram Surgery Other? bloods / meds. Nothing Pain clinic</p> |

| Condition | Injection / location | Options |
|--|---|---|
| Olecranon Bursitis* | Aspiration and CS injection | Aspiration and CS inj, Excision Follow INNF https://www.bristolccg.nhs.uk/innf X-ray can show soft tissues |
| Tendonitis CEO / CFO / Bicipital insertion | Local steroid inj Depo mix Specialised technique | Physio, (normalise movement restore function) splints, MEDS PRP injections, Debridement, Decompression. |
| OA: : Elbow, Inf R/U jt, Radial head | Local joint injection unlikely | Physiotherapy, MEDS, X-ray, USS ,MRI, Arthroplasty, Fusion Excision, arthroplasty |
| Instability: see 'conditions' above | Unlikely (depends on age and underlying condition) Occasionally for pain | Physio, (normalise movement restore function) MEDS, X-ray, splints, MRI, Arthroplasty, Fusion. |
| Fracture (depends on trauma, age, dysfunction) | Acute –no Degenerative, Occasionally for pain | Physio, (normalise movement restore function), X-ray, MRI, splints. surgery |
| Fracture: See 'conditions' above | Unlikely Occasionally for pain | Physio, (normalise movement restore function) X-ray, MRI Debridement |