

Fixing Elbow Pain

If you have elbow pain, you may have been told you have tennis elbow (lateral epicondylitis), which is pain on the outer elbow. Or golfers' elbow (medial epicondylitis) located on the inner elbow. Or you could have any number of other complicated sounding diagnoses. Regardless of what tissues are irritated, your elbow pain is a result from poor elbow function.

If you're reading this, chances are you've had painful digging into your forearm muscles again and again, or some other types of treatment, which never really seems to get rid of your pain. Why not? Because they weren't addressing the source of the problem.

Even though that's where the pain seems to be coming from, the actual problem is located elsewhere.

It's important to know that everything in the body is connected--nothing works in isolation. So when thinking about elbow pain, you must also consider what that elbow is attached to. The elbow is formed by three bones: two from the forearm (radius and ulna) and one from the upper arm (humerus). Turns out that the upper arm bone has a huge impact on how the forearm bones work. And guess what? The upper arm bone is largely affected by the shoulder blade.

So let's take a step back for a moment to understand that the entire arm and shoulder is a floating system on our trunk (Figure 1). It is primarily held in place and moved by muscles. Several important muscles run from our trunk to our shoulder blade to control its movement. When these muscles don't work well then the shoulder blade doesn't rest or move well. This then affects how the arm bone functions. When that is impaired, it then trickles down to the

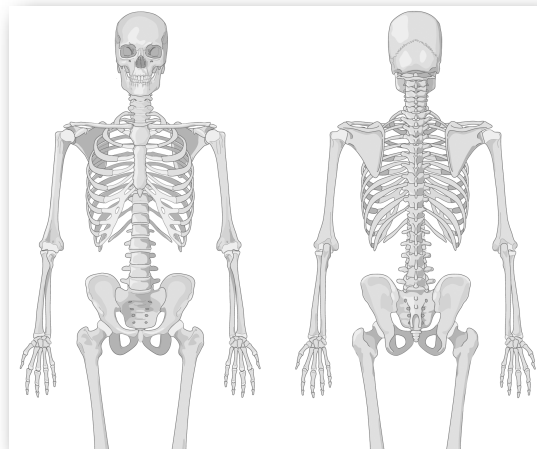


Figure 1

forearm. You get the picture? So if you have elbow pain, especially stubborn elbow pain, you need to begin looking elsewhere first to see what is affecting the elbow and causing it to function poorly.

My book, *Fixing You: Shoulder & Elbow Pain* (www.FixingYou.net), talks about these connections and offers a completely new method for treating elbow pain not found anywhere else. It has been quite successful!

You can also reach me at (303) 477-4212 or email Rick@RickOlderman.com if you'd like an appointment or to ask a question.