



OUR PHILOSOPHY FOR PROVIDING A SOLUTION TO **ELBOW PAIN**



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THE PROBLEM

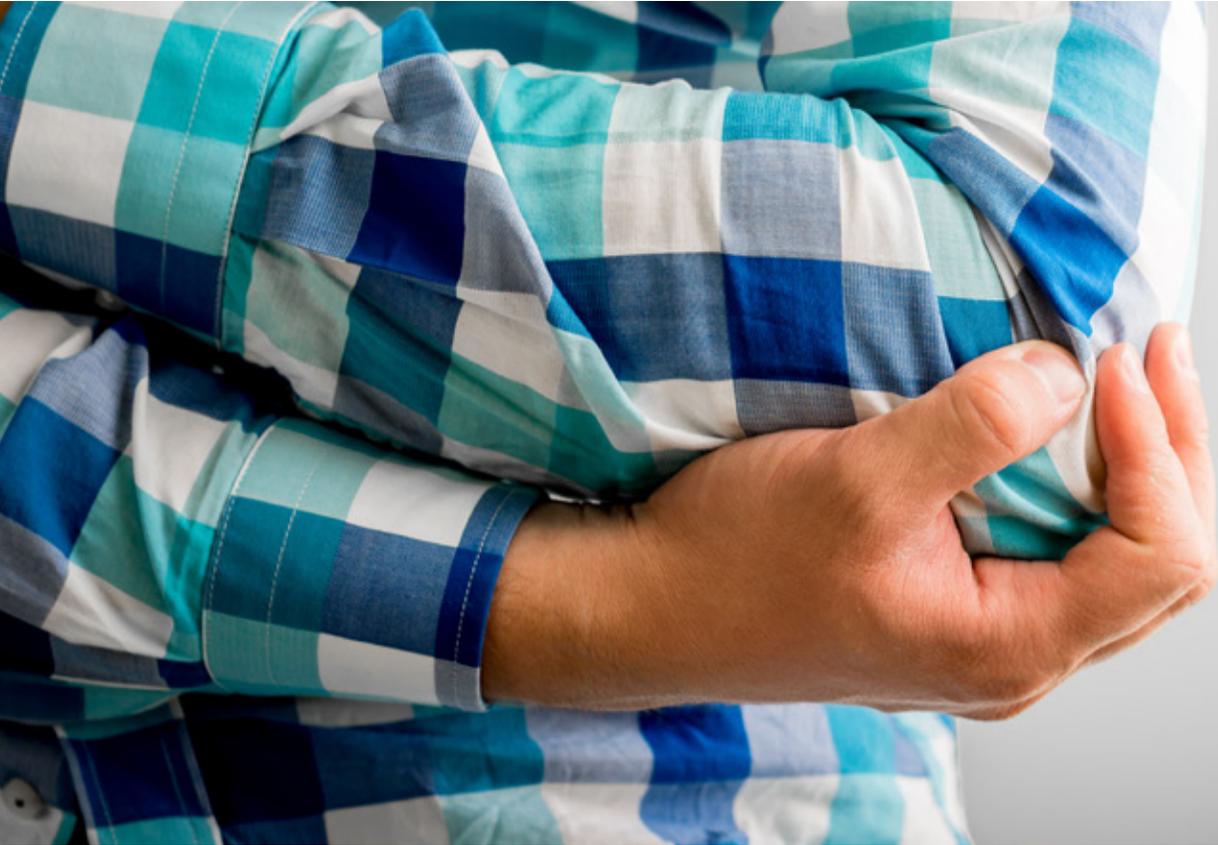
Elbow pain can develop with a sudden injury or often for no obvious reason. The pain can be worse at night time preventing you from sleeping and be constantly present as a dull background ache, usually in the outside of the elbow. It can also significantly affect daily activities because you use your elbow consistently throughout the day.

We know that the elbow joint is made up of a complex group of tendons, muscles, and joints that need to work in the correct biomechanical pattern or you can “over work” these structures causing ongoing pain.

The elbow joint requires a strong stable base to function. This base is provided by the shoulder. Pain, spasm and inflammation will develop if you keep using your elbow joint while it is injured. This in turn causes you to develop poor movement patterns. The muscles in your elbow joint become stiff and over worked. This creates a “muscle imbalance,” reinforcing poor movement patterns. Sometimes you can also develop shoulder and neck pain.

These poor elbow joint biomechanics will become a habit and you will be consistently in pain. If you keep this “bad habit” you will compress and over work the soft tissue (muscle and tendon) your pain will persist and will potentially get worse.

Treatment of your elbow pain will make you feel better. However, if you have the pain treated (massage, mobilization, medications, acupuncture) but do not correct your elbow’s biomechanics and strength deficits, you are only receiving a “temporary relief” from your pain, and it is likely that your pain will reoccur. This is only short-term relief, and not a long-term solution.



Does this sound familiar??

Roland Jeffery Physiotherapy take a different approach and will help you to achieve a **SOLUTION**, not just a quick fix.

THE FIRST PART OF THE SOLUTION.

We will provide you with the acute treatment needed to “remove your pain”. Pain makes you miserable and stops you enjoying life so we need to do this first. We do this after careful assessment of you and your situation.

We will tell you -

- i) What is wrong
- ii) How we can help you

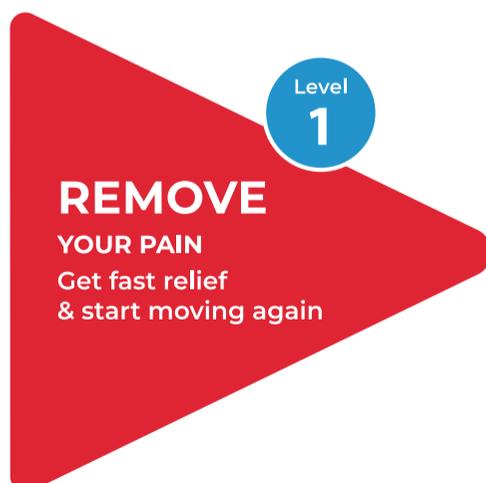
We will then provide treatment and remove your pain. The time this takes will vary according to how long you have had your pain, but our highly trained physiotherapists will do their best to identify how long this may be.

If you have successfully been through this before, you will know how great it feels when your pain goes away. BUT you may also know that feeling of disappointment, when the pain comes back (often quickly with a simple movement or posture!)

So, if you have not changed any of the factors in your life that may be causing your pain in the first place, it is not surprising that your pain reoccurs.

We also know your elbow muscles become weak with imbalance and pain, and do not spontaneously correct when pain settles.

Your elbow is weak, vulnerable and you are often moving incorrectly! Your pain will reoccur.



So how do we stop this cycle?

The Long Term Solution

We then need to look at your underlying movement and postural issues so we can identify the problems and eliminate them.

We do this with a posture and movement analysis. Your physiotherapist will use cutting edge technology and screening tools to look at "how" you are moving.

This will help your physiotherapist advise you on what you need to do to rebuild & restore your core, elbow strength and movement. If we remove your pain but not change the factors which put you into pain, like poor core stability, poor postural habits or poor movement patterns and weakness, we would be doing you a dis-service. This process of removing the pain and restoring your core and movement will make you feel great.



Prevention/Strength & Improved Performance – Staying Motivated

Feeling great can often lead to a loss of motivation to continue with the preventative aspect of the programme as we further improve your performance and help you achieve your goals.

Your physiotherapist will use the posture & movement analysis to help develop a pathway for you to achieve the goals you mutually agree upon. This pathway document is something unique to you and your condition and it shows where you have come from (pain) and shows where you are heading (improved performance, without pain) by achieving your goals.

This pathway document can be very helpful to keep you motivated whilst you continue to work on strength and conditioning. This is level 3 of your pathway, and is often managed by our highly trained specialized clinical pilates or strength & conditioning therapists.

Your physiotherapist will provide you with options of how you would like to move into level 3 of our elbow pain to performance programme. This may involve individual or group exercise to encourage you to continue with a self-management plan or a home programme.

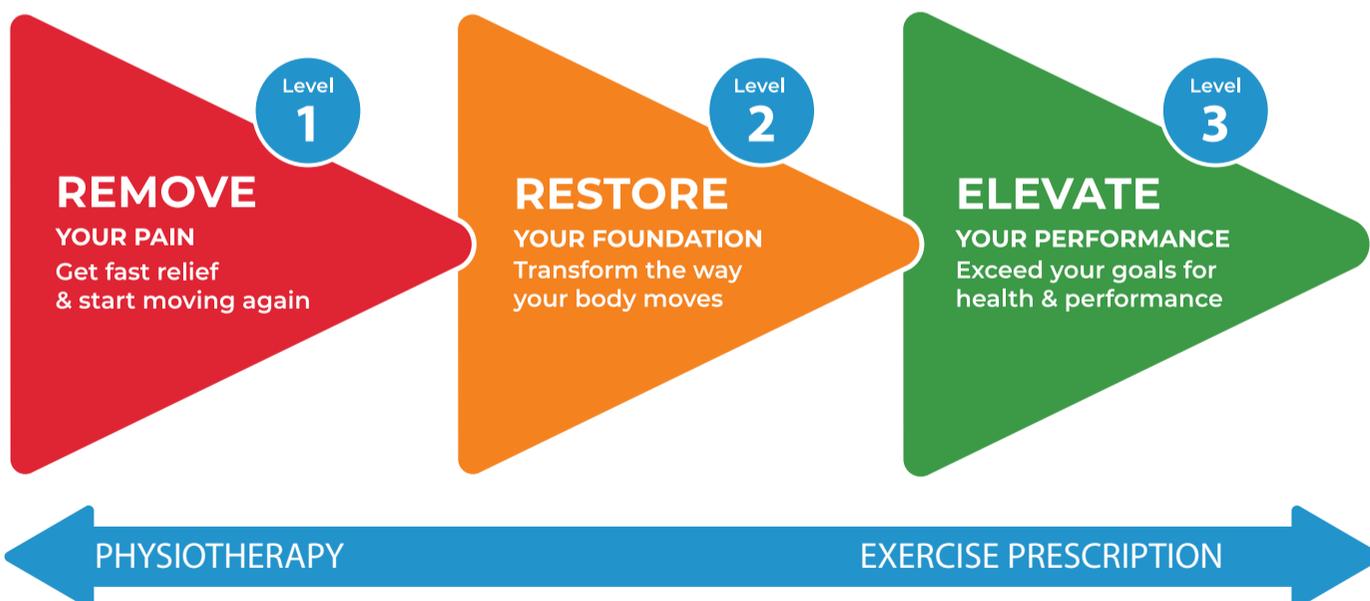
In Summary

We hope you can see that our Pain to Performance philosophy does more than just get you pain free. It keeps you pain free.

By developing exercise habits and an "exercise for life" mentality, you can be confident that you have beaten your pain and can get back into the life goals you have set for yourself and improve your performance in these life goals.

Good luck and.....What are you waiting for?

Grab hold of that goal you have set for yourself and enjoy life once again.



Ask your physiotherapist if you are ready for our posture and movement analysis, so we can design a programme to individually rebuild and restore your elbow movement, strength and function.