

Cycle 5
2501 - Understanding the Elbow Joint
SCRIPT

(1)

TADASHI FUNAHASHI, MD:

The joints in your body are really important because that's what allows you to position your hand, to move your elbows, to move your shoulder. If you abuse your joints and you get arthritis, or you start to get pain in it, it keeps you from being able to do the things that you want to do.

(2)

BRIAN HILD, MD:

In order to bring your wrist up and make a firm grip, you have to activate the muscles about the elbow. And during your daily activities, you can't avoid gripping. Turning a door knob, picking up a cup of coffee, all the little simple activities require a firm grip, and you activate that muscle, and that pulls on the tendon.

(3)

GEOFFREY GRIFFITHS, MD:

Cartilage is an anatomic structure that lines the surface of every joint in the body. And normal cartilage is a structure that's essentially friction-free and allows smooth gliding. That is the reason that a normal joint, there's no pain, there's no noises, there's no grinding from that joint.

(4)

BRIAN HILD, MD:

Elbow pain can come from a variety of reasons. Really two different avenues you got to think of is it coming from bone pain, or arthritis, loss of cartilage, or is it coming from the other structures around the elbow, which are the tendons and the ligaments. Most commonly the pain's usually associated with, problems that are associated with the epicondyles, or the inside, or the outside of the elbow, and that's what we call tennis elbow, or golfer's elbow.

(5)

EUGENE FARNG, MD:

When you have pain on this side of the elbow, you want to make sure that the nerve isn't involved. You know, your funny bone is right there. Your funny bone's a nerve. And so if you're having pain here, sometimes that does involve the nerve. There's different considerations when you're involving irritation of the nerve right here.

(6)

BRIAN HILD, MD:

The tendinitis-type pains with golfer's elbow, or tennis elbow, they can't pinch, they can't twist, they can't turn a door knob. They can't grab a cup of coffee because it hurts so much. And that there tells me it's not necessarily arthritis, that's more of a functional problem due to the muscles or the tendons, because it's related to an activity, and that's most commonly tennis elbow.

(7)

TADASHI FUNAHASHI, MD:

So a healthy joint leads to a healthy life that keeps you active. So work with us to make sure your joints stay healthy.

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