

**Cycle 5**  
**2502 - Problems with the Elbow**  
**SCRIPT**

**(1)**

**BRIAN HILD, MD:**

Elbow stiffness can have a lot of reasons why it could be stiff. It could be post-injury, it could be early arthritis. It depends on the age group.

**(2)**

**EUGENE FARNG, MD:**

When someone comes in with elbow pain, you consider how old the patient is, what problems happened, did they have a history an injury or anything like that.

**(3)**

**BRIAN HILD, MD:**

The population of patients who are elderly, you'd assume that there may be some early arthritis. Younger population, it could be a throwing athlete, and has stiffness of the elbow, and that's more of a ligament or a tendon problem, and the treatment's a little bit different.

**(4)**

**EMIL DIONYSIAN, MD:**

You can have arthritis and it's sometimes difficult actually to tell the difference between rheumatoid or osteoarthritis. There is psoriatic arthritis, gouty arthritis, and so on and so forth.

**(5)**

**BRIAN HILD, MD:**

One of the first things that I like to know is where the pain is localized. That specifically can tell me really what the problem most likely is going to be. Commonly, you can have pain that's localized to the lateral side of elbow, or the outside, and the most common diagnosis for that is tennis elbow.

**(6)**

**EUGENE FARNG, MD:**

There are a few more things to worry about when you have pain on the inside of your elbow as opposed to the outside of your elbow. And so the workup and sort of the possibilities are a little bit more.

**(7)**

**BRIAN HILD, MD:**

Pain localized to the medial side, or the inside of the elbow, commonly could be what we call golfers elbow, which is another tendinitis. Pain localized to the back of the elbow is not necessarily arthritis, that can be the triceps tendon, which usually can become inflamed. Another condition called cubital tunnel, which is actually a nerve condition, can have pain vaguely around the medial side of the elbow, but they'll also have associated numbness and tingling into the last two fingers.

**(8)**

**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 and that's-- there's different considerations when you're involving irritation of the nerve right here.

**(9)**

**BRIAN HILD, MD:**

**We're just trying to keep people moving as long as we can.**

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