

SUMMARY OF ELBOW DIAGNOSTIC CRITERIA AND PT MANAGEMENT STRATEGIES

IMPAIRMENT PATTERN	HISTORY	PHYSICAL EXAM	PT MANAGEMENT
Elbow Mobility Deficits s/p Fracture of distal humerus “Ulnohumeral Capsulitis” s/p Fracture of proximal radius and ulna “Proximal Radioulnar Capsulitis”	Trauma (e.g., fracture) Stiff following immobilization Pain w/ end range flexion and/or extension movements with ulnohumeral disorders Pain w/ end range supination and/or pronation movements with radioulnar disorders	Elbow flexion > extension ROM deficits with ulnohumeral involvement Supination/pronation ROM deficits with radioulnar involvement Pain at end of ranges Hypomobile ulnohumeral and/or radioulnar accessory movement tests	Soft Tissue Mobilization (STM) and Joint mobilization Ther Ex’s (Gentle, prolonged PROM & AROM stretching)
Elbow Muscle Power Deficits Lateral Epicondylitis “Tennis Elbow”	Lateral elbow and forearm pain Precipitated by unaccustomed activities involving gripping of objects	Symptoms reproduced with: Isometric contraction of ECRB or ECRL Provocation of proximal ECRB or ECRL tendon attachments	Reduce aggravating activity Physical agents (Ice, US, Phono, Ionto) STM, friction massage, stretching Wrist extensor strengthening
Elbow Movement Coordination Deficits Ulnar collateral ligament sprain “Pitcher’s elbow”	Medial elbow pain with throwing activities or repetitive gripping Blunt trauma or strain to the medial elbow	Symptoms reproduced with: Valgus stress test Ulna collateral ligament palpation/provocation	P.R.I.C.E. instructions Physical agents (Ice, US, Ionto) Friction massage Wrist flexors and forearm pronator strengthening
Elbow & Forearm Radiating Pain Lesion of median nerve “Pronator Teres Syndrome”	Medial elbow and forearm pain Forearm and hand paresthesias Precipitated by unaccustomed activities involving flexion and pronation	Symptoms reproduced with: Median nerve bias ULTT Provocation of pronator teres entrapment site Repeated pronator teres resisted mvt. tests	Reduce aggravating activities STM in area of nerve entrapment Passive and active mobilization for median nerve
Elbow & Forearm Radiating Pain Lesion of radial nerve “Supinator Syndrome”	Lateral elbow and forearm pain Forearm and hand paresthesias Precipitated by unaccustomed activities involving gripping or manipulating objects	Symptoms reproduced with: Radial nerve bias ULTT Provocation of supinator entrapment site Repeated supinator resisted movement tests	Reduce aggravating activities STM in area of nerve entrapment Passive and active mobilization for radial nerve
Elbow & Forearm Radiating Pain Lesion of ulnar nerve “Cubital Tunnel Syndrome”	Medial elbow pain Paresthesias in ulnar distribution of the forearm and hand Sx’s worse with prolonged bent elbow positions	Symptoms reproduced with: Ulnar nerve bias ULTT Provocation of cubital tunnel and/of arcade of Struthers entrapment site	Reduce aggravating activities STM in area of nerve entrapment Passive and active mobilization for ulnar nerve