

## ELBOW MUSCULOSKELETAL CONDITIONS

TENNIS ELBOW  
GOLFER'S ELBOW  
REPETITIVE STRAIN  
OSTEOCHONDRITIS -  
DISSECANS  
TENDINOPATHY  
DISLOCATION  
FRACTURES  
LIGAMENT TEARS

OLECRANON BURSITIS  
ULNAR NERVE ENTRAPMENT  
CUBITAL TUNNEL SYNDROME  
ELBOW REPLACEMENT  
POST SURGERY  
MUSCLE TEAR  
CONTRACTURES  
OSTEOARTHRITIS  
RHEUMATOID ARTHRITIS

### TREATMENT

EXERCISE THERAPY  
JOINT MOBILISATION  
JOINT MANIPULATION  
SPLINTING  
BRACING  
ADVICE/EDUCATION  
ELECTROTHERAPY

STRENGTHENING  
STRETCHING  
ACUPUNCTURE  
STEROID INJECTION  
POST OP REHAB  
ICING/HEAT APPLICATION  
DTF