

ELBOW JOINT MANAGEMENT

HOW TO TREAT YOUR ELBOW INJURIES
TO ACHIEVE FULL RECOVERY

BY
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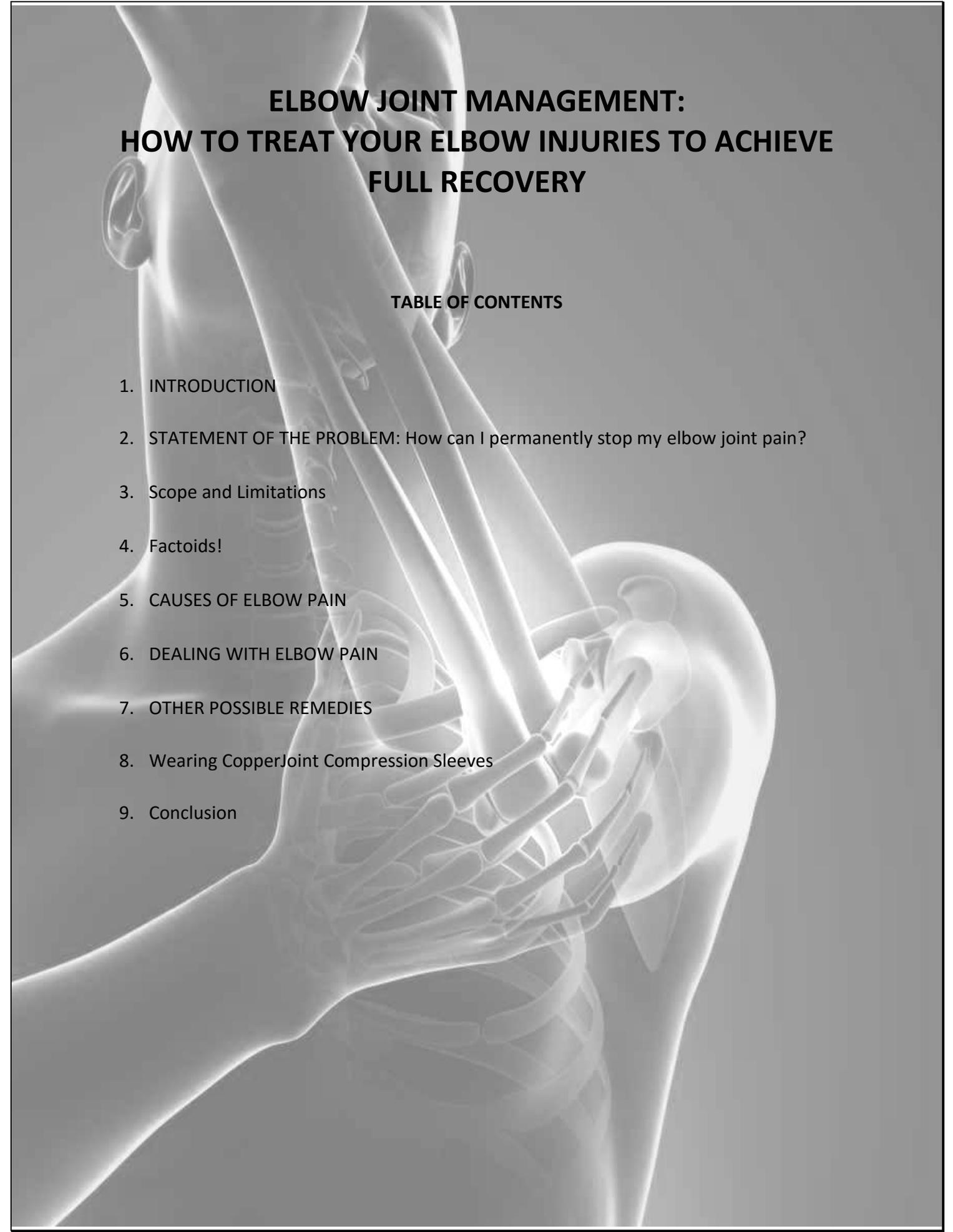
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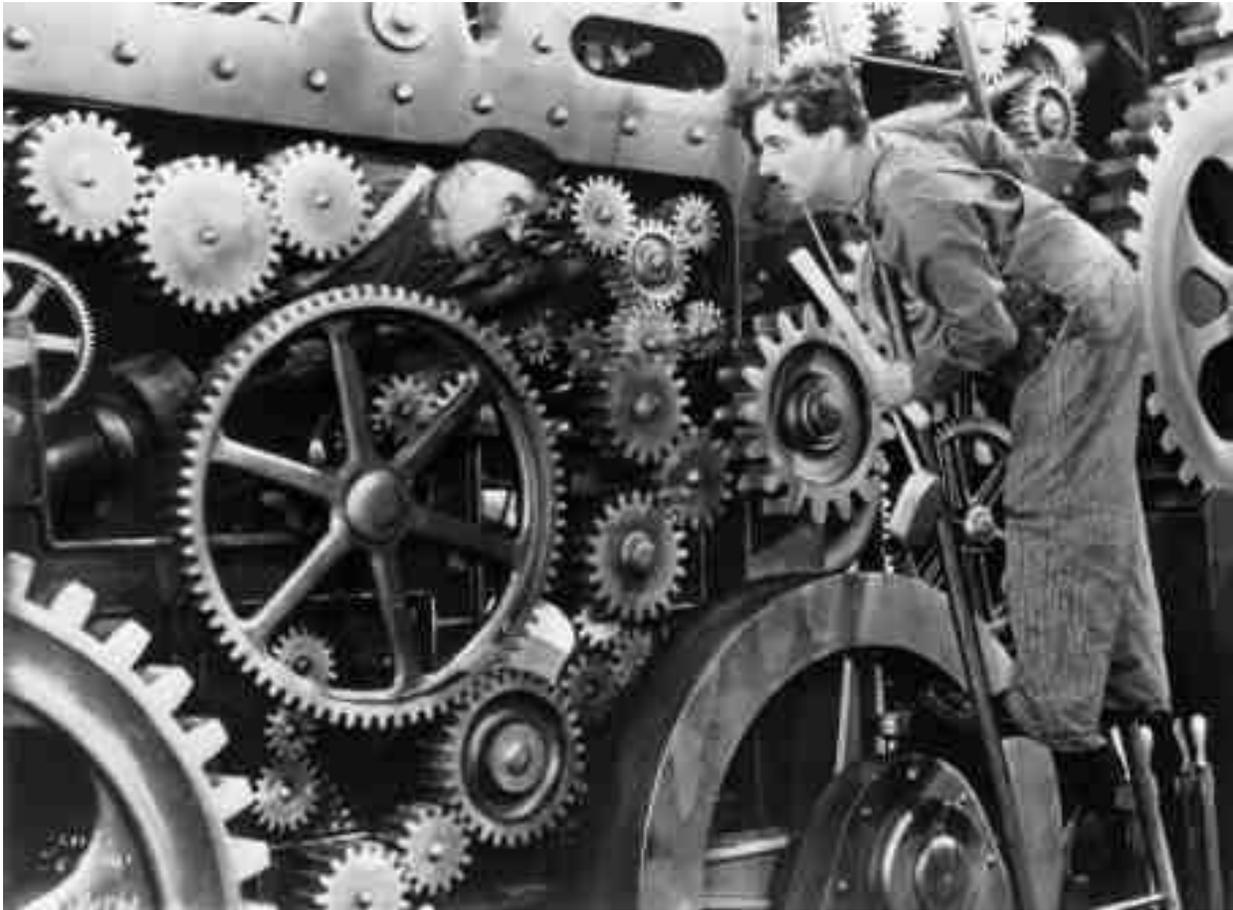


ELBOW JOINT MANAGEMENT: HOW TO TREAT YOUR ELBOW INJURIES TO ACHIEVE FULL RECOVERY

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I. INTRODUCTION



Picture this. You've got a nice, active lifestyle going, and you go about your day without giving a second thought to whether your body is functioning as it should be – because it is. Not a difficult thing to think about, really, since that's what we do – one could argue that this is all we do – every day. We go about our lives, working and eating and interacting and such, without needing to worry about how well parts of our body are functioning or whether they might be in need of maintenance or care. This is absolutely not out of the ordinary, given that most people don't need to worry about such things.

We pay very little attention to our body and its salient parts because it works so flawlessly most of the time. Why indeed pay any mind to something that practically takes care of itself? If we were to take a closer look, though, we might find that our bodies – particularly our joints – are engineering marvels, with the many functions and movements so precisely coordinated as to make any machine jealous.

But machines don't always work flawlessly. Let's say you overdo it in sports one day, and the soreness in your arm doesn't go away for a good while. Or perhaps your job calls for lots of working with your hands, which results in swelling at the elbow joint. Or maybe you get an actual injury due to impact or overextension. Regardless of how you get it, you're now beset with an elbow that doesn't work as well as it normally does, with the experience of using it no longer as seamless as it should be. There may be discomfort in varying degrees, sometimes enough to stop even the simplest step of your daily routine in its tracks.

Looks like you've got elbow joint pain.



STATEMENT OF THE PROBLEM: HOW CAN I PERMANENTLY STOP ELBOW JOINT PAIN?

Whatever the origin, whatever the actual injury, the mission is to stop the pain. If not stop it, then at least bring it way down to a much more manageable level that allows you to live your life to the fullest despite carrying a bit of pain. Nobody wants to put their life on hold just because of elbow pain.

SCOPE AND LIMITATIONS

This Free Report is a simple guide that will give you steps and information to have better overall elbow health. This will discuss in detail common types of ailments that cause pain in the area, the syndromes and potential injuries that cause elbow swelling and pain, things that people

have unsuccessfully been attempting to alleviate pain – and, of course, the best practices of people who have relieved themselves of chronic elbow pain.

This Free Report is not a comprehensive database of knowledge on how to alleviate elbow pain though. It is limited to the said topic of discussion mentioned above.

II. BODY

FACTOIDS



How much do you know about elbow pain?

- Tennis elbow is one of the most common ailments involving the elbow. True to the name, about 40% of tennis players suffer tennis elbow.

Tennis elbow is typically caused by too much repetitive gripping overtime, which stresses the tendons near the elbow. Don't be surprised that using the hands to grip causes the elbow – a good eight or so inches away – so much pain. The muscles and tendons underlying the arm link those two seemingly disparate parts of the arm.

- Tennis players aren't the only ones suffering from tennis elbow. Many people who work in jobs requiring repetitive hand motions and tasks can suffer tennis elbow without having played a game of tennis in their life.

This can include people who've never even seen a tennis court – okay, you get it. It's not the tennis, but it's the repetitive gripping done by the hands that wears out the interior muscles and tendons. This sort of motion is seen in painting, carpentry, yard work, and so on.

- The pain from tennis elbow can linger for up to 48 months!

This can be minimized greatly, and if it ends up going on for very long you should get your doctor involved so they can give you the best advice.

- Only about 10% of tennis elbow cases will specifically need surgery, but others might eventually develop to that level without the right care.

Taking care of an affected elbow is thus of paramount importance.

CAUSES OF ELBOW PAIN



There are many types of elbow pain, and thus many causes as well.

TENDINITIS

Tendinitis is also known as tennis elbow. This very common condition is what people are usually referring to when they seek help for elbow pain. This comes about because there has been swelling in the elbow area, particularly the tendons there. Tendons are tissue bands that serve the function of connecting our internal muscles to the bones that form our skeletal system. Our joints rely on tendons to facilitate movement that results from the tensing and relaxing of our muscles

for the purpose of manipulating the necessary bone structure to create movement.

Repetitive gripping with the hands over time can stress these tendons, causing them to swell and bringing about discomfort and pain in the area. The level of stress and damage will vary according to how long this on-and-off gripping has been going on, but cumulative tugging on

these tendons will nevertheless be the likely culprit behind the microscopic tears that can form there.

GOLFER'S ELBOW



Just like tennis players, golfers have an elbow injury named after them. And just like tennis elbow, golfer's elbow is suffered by more than golf players. Golfer's elbow is similar to tennis elbow in many ways, except it is felt on the bony bump on the inside of the elbow instead of on the outside.

BURSITIS

There are small sacs filled with fluid that are used to cushion the muscles, tendons and bones at the joints. These sacs are called bursae, and they can become inflamed as well. Bursitis, or inflammation of the bursae, can occur at the hip joint or shoulder joint, but elbow joint bursitis is common as well.



OSTEOARTHRITIS

The cartilage that is found on the ends of our bones wears down as we grow older. The cartilage is meant to be protective, cushioning the bone itself, but when it wears down in the joint area the bones there end up causing a bit of friction every time they come into contact. Osteoarthritis is an ailment that can affect any of our joints.

CUBITAL TUNNEL SYNDROME

This is a nerve damage condition that occurs when the ulnar nerve located on the inner part of the elbow is irritated.

SPRAINS

When a joint is sprained, there has been damage to the ligaments that connect the bones together. Ankles, because of their weight-bearing duties, are the most common places for sprains, but sprained elbows are not out of the realm of possibility.

STRAINS

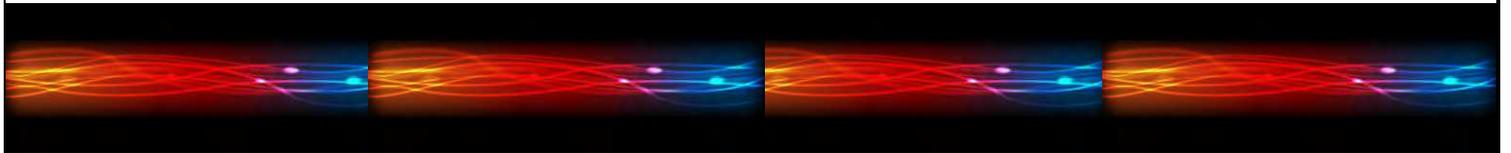
On the other hand, strains involve the tearing of muscle tendon. These can have contributing risk factors that include poor conditioning and improper warm-ups before activity.

CELLULITIS

One of the less expected causes of elbow muscle injury is cellulitis. While this starts at the skin level – with an inflammation of the skin usually traceable to infection – this can also lead to infection of the bursae underneath, which will in turn lead to inflammation. Not something to be underestimated, especially since it typically calls for antibiotic treatment.

SEPTIC ARTHRITIS

This bacterial infection of the elbow joint is perhaps even more uncommon. However, this is a possibility for patients with diabetes or suppressed immune systems, as the entry of bacteria like staphylococcus and streptococcus – similar to what causes cellulitis – can result in fever, sweats, chills, and the infection of the joint itself. Antibiotic treatment is typically also required here.



EFFECTS

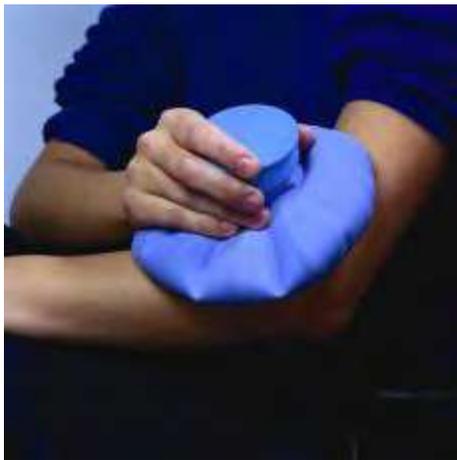
Elbow pain potentially results in pain all over the arm, as mentioned. Your day-to-day living can be affected or limited by this in many ways.

The pain will typically be felt in the bony knob on the outer side of the elbow. This is where the bone and muscle meet courtesy of the tendon, which is why tendon damage is felt here. You may start to feel pain right in this spot, and the pain can also radiate along the arm in an upward or downward direction.

What can be doubly vexing is that while the injury is in the elbow region, the interconnectedness of your arm can result in sharp pain when you try to use your hands. This can affect your ability to open or even hold a door, use tools, and so on – even straightening or bending your wrist when you reach for something. Depending on the nature of your work, this can get in the way of doing your job as well – but even more than that, simply getting around the house could be adversely affected as well.

DEALING WITH ELBOW PAIN

Whatever the cause of elbow pain, the recommended treatments are often very similar. They mainly involve focusing on the affected joint and addressing two main things: the swelling and the cause behind the swelling.



1. Cooling it. Ice and cold packs are recommended treatments for any elbow injury, and they serve multiple purposes at once. For one, icing the joint will bring down the swelling. Cold causes contraction, and this is just what the inflamed muscles need. The cold will also help to relax the affected joint, reducing the inflammation. Finally, icing the joint will help numb the nerves that have gotten tied up in pain signals, relieving you of the pain for a bit as well. It's recommended that you keep the joint iced for

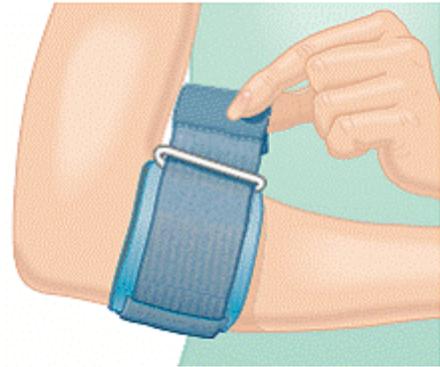
up to half an hour, with 3 to 4 hour intervals. This can contribute to a loss of pain overall in two to three days.

2. Heating it. Yes, this may seem contradictory given the above advice, and nobody should do one right after the other, but heat can offer different benefits to an affected elbow joint. If the pain has been going on for up to two weeks, using a moist hot pack around the joint can help improve circulation and speed up healing.
3. Immobilization is sometimes necessary, but a reduction of motion will often be



enough. This essentially means keeping the joint from moving around a lot, and thus avoiding further strain on the muscles. Sometimes strapping it in with an elbow strap will be enough to keep it from swinging around and thus getting the inner muscles and tendons pulled on even further. For that matter this can also keep the elbow joint from carelessly getting struck by other things in the environment as well.

4. Aside from strapping the elbow down, one might try a counterforce brace. This usually looks like a large armband or strap at the end of the forearm just before the elbow itself. As its name suggests, the counterforce brace dissipates the force exerted by the forearm muscles before the force reaches the elbow, which is partly what causes pain in the tender area.



5. A wrist immobilization brace may also be an option. Remember how elbow pain or elbow injury can result in accompanying wrist pain when you try to straighten or bend the wrist? It's because of the underlying connections within the arm. A wrist brace will allow the wrist muscles to be immobilized and thus heal as well – and this might be more effective for you than the counterforce brace.



6. Medication is often prescribed for many types of elbow pain. As always with medication, check with your doctor to make sure the medicine is right for you. The doctor will most likely favor NSAIDs, or non-steroidal anti-inflammatory drugs. As the name suggests, these will help reduce the swelling and keep it down. You should always make sure to get your doctor's prescription for these, as meds that are wrong for you can cause bad side effects like ulcers. In some cases, they might even impede the healing process, so don't take any unnecessary risks here.



7. Exercise is often also an accepted, valid approach to rehabilitating an injured elbow. With your doctor's go-signal of course, you can try a number of exercises that can help increase the flexibility of the affected joint or at least keep it from getting greatly reduced due to lack of use while injured. Range-of-motion exercises that can broaden your reach and reduce stiffness are recommended, and can be done three to five times a day. It's very important to highlight the fact that exercise should be pain-free: while a bit of stretching or pulling in the muscles is perfectly fine and even normal, you should not be feeling pain in the elbow. If you are, put off exercises for another day when pain is no longer present. Forcing the issue can result in aggravating the injury.
8. Some cases might be far enough along to require physical therapy. There's nothing wrong with this at all, essentially being more guided and focused exercise. You may recognize that your case might be best helped along with the attention and focus of a trained therapist, so check with your doctor if this would indeed be the best move. Physical therapy is not required for all cases of joint pain, but some might need a separate person to help you keep an eye on the recovery – as well as a trained pair of hands to help you target the trouble spots.



9. In some very severe cases, your doctor – not you alone! – might find that more direct application of medicine would be better than taking pills. Painkillers and steroidal medication can be applied via injection in the affected area if the injury is severe enough. However, make sure your doctor is up to date on current medical research, as



some studies have begun to cast a bit of doubt on the effectiveness of these treatments.

10. Some extreme cases will require surgery. Let your doctor be the judge of this, as no matter the degree of pain you're in, they know best.

Usually the relevant surgery will involve the removal of damaged sections of tendon from the elbow.

11. As mentioned previously, some bacterial infections of the skin on the elbow (cellulitis) or the internal workings of the elbow itself (septic arthritis) will require antibiotic medication to deal with the bacteria present. Again, let your doctor take care of diagnosing and prescribing.
12. Ultimately, as with most bodily injuries, rest is often the best solution. This is essential because your body needs time to stand by itself without being moved so as to effect internal repairs. Partner rest with any of the above treatments – particularly icing the joint – and you're off to a good start.
13. The push for rest might raise questions, of course, especially if the tendinitis and such is job-related: for instance, if one is a cook, how does one find a new approach to their work that doesn't involve gripping the kitchen tools and equipment at some point? The simple answer is you don't have to. It isn't advisable to abandon your proper work routine, but changing it up from time to time – delegating some tasks, perhaps, or distributing your workload across your work period and leaving time for some breaks for the body to recover – can be more helpful than you think.
14. One important thing to keep in mind with all these treatments is that recovery always, always needs time. If you rush yourself back into



action and attempt to power through the pain, that's almost sure to do more harm than good. You could end up making the injury worse, or rendering yourself unable to come back for good. A lot of recovery is psychological. Keep in mind that this is a natural part of our existence and functioning, and that the body will typically bounce back from this if you give it what it needs – as much time as possible for as uninterrupted a healing process as possible, and whatever substances can help supplement the body's internal efforts. Try not to put pressure on yourself to come back and prove something, because in most of the cases where this happens, it just backfires and proves... well, nothing, really, beyond how bad an idea that was.

OTHER POSSIBLE REMEDIES

Aside from these, there are many home remedies that can supplement the medication and other treatment you already have lined up for your injured elbow. You might be intrigued to find that many of them involve spices.



1. Ginger has surprisingly potent anti-inflammatory effects, which may be why it figures so prominently in home remedies for related maladies. This spice can give you a bit of pain relief for your elbow's inflammation too, as a result. One good method involves making ginger tea, which mainly involved boiling a bit of ginger root in two cups of water. Heat it up for ten minutes so that the essence of the ginger leaches into the hot water, then strain out the ginger root. Add honey to taste, and you have a drink you can take three times a day.

2. A more traditional, if somewhat cumbersome, healing aid is a ginger-based poultice. A poultice is like a little heated bag that you put on the injured area. In this case, a cotton bag filled with four teaspoons of grated ginger. Wrap this up in the bag and leave the bag in hot water for a literal minute. After heating it, you can put the bag on your elbow for 15 minutes.



3. One other spice that can be of help is turmeric. Turmeric contains a substance called curcumin which is an effective anti-inflammatory agent. Combined with turmeric's natural antioxidants, ingesting turmeric can result in a great reduction of pain and a reduced healing period. Like ginger, you can also make a sort of hot drink with turmeric. In this case it's more of a milk tea-like concoction: over low heat, dissolve one teaspoon of powdered turmeric in a cup of milk. Honey can be added to taste, and this can be taken twice a day for a couple of weeks or so.



4. Turmeric is also available in capsules, whether in 250 or 500 milligrams. As with all medication, you should get your doctor's approval to take these.

5. One more natural remedy is St. John's wort. The anti-inflammatory properties of this are well-known, which makes it an ideal element to include in the treatment of an affected elbow. You can usually find

dried St. John's wort at a market; bring some home to mix in hot water and strain, similar to what is done to make ginger tea. Honey can also be added to sweeten the

otherwise sharp flavor of the tea. It's worth noting, however, that you should get clearance from your doctor if you plan on taking this tea while also taking prescription medication. They might not get along well.

6. Fenugreek is one more natural remedy for elbow pain thanks to its anti-inflammatory properties. There are two ways to take it: one as a teaspoon of finely-ground fenugreek seed taken in the morning, and one as a paste applied to the joint. The paste is made by grinding up two tablespoons of the seeds with some milk.



III. WEARING COMPRESSION SLEEVES



One way to accomplish the goal of locking the elbow down and keeping it from hanging loose is to keep it under wraps. While this is commonly achieved through using actual arm wraps or tape, one might consider wearing compression sleeves. Compression sleeves are essentially compression socks for the arms, but both use the same compression technology. This technology employs the use of very tight fibers that combine to produce a restrictive effect on the wearer – resulting in a very close, snug fit. This has gained popularity not least because of its obvious aesthetic appeal, but there is more to it than that.

Reasons to Wear Compression Sleeves

Why try these sleeves, then, aside from the fact that they look pretty sharp? Of course, there has to be a practical benefit to match the popularity – and here are four good reasons.

1. **Protection.** Wearing sleeves in general can keep your arms – and thus your elbow – shielded fairly well from the elements. This might be more important than you realize, as environmental temperatures and effects can have more of an impact on your injured elbow than you think. Wear these while out jogging, or biking, and you may grow to appreciate them all the more. After all, while scratches and bumps might seem to be no big thing, they do add up.

2. **Warmth.** As mentioned above, whether indoors or outdoors, keeping a good temperature equilibrium going is very helpful. Covering your elbows with a compression sleeve can keep them from being affected by cold air conditioning or outdoor weather. You famously can't predict the weather, but you can insulate against it – and this is much more convenient than stripping off or putting on whole layers of clothing every time it shifts.
3. **Cleanliness.** Just like the earlier note, these can keep dirt and other such problems away from your arm and elbow, which reduces the otherwise-tedious need for continuously scrubbing them. One bit of advice: don't buy these in white.
4. **Swelling reduction.** The most important benefit of compression sleeves is the simple fact that they can keep swelling down, reducing both inflammation and associated pain. Keeping the injured elbow's form in one particular piece can go a long way toward making life a bit more convenient for you as you recover. Because the tightness of compression sleeves aids in promoting good circulation, the soreness of your elbow might also slowly wear off.

One thing to remember when choosing compression sleeves: get a size that is right for you. Don't pick something that is loose enough to slip off with movement, but don't get one that restricts circulation – they are designed to be tight, sure, but they can certainly be too tight. Compression sleeves don't guarantee sports superpowers or even a healing factor, but they can certainly be quite helpful when it comes to keeping an injured elbow under wraps and protected from outside elements. It doesn't hurt too that they're often much easier to put on or take off than your standard arm wraps or tape – and they do a better job too.

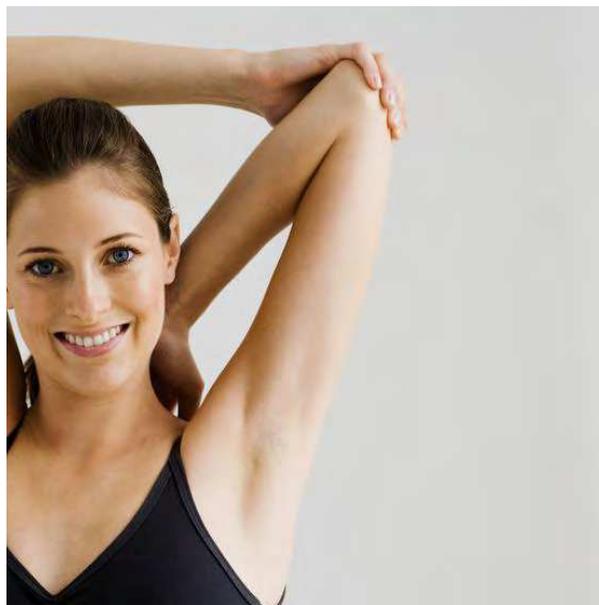


IV. CONCLUSION

If you've ever been in pain from a joint injury, you may have gotten painfully, personally acquainted with just how much engineering is actually involved in those joints of ours. The elbow is a complex system that is used by our body to various ends, be it deploying our hands as manipulators or supporting a degree of weight. The complexity is compounded when we realize that even though our hands are seemingly distinct things functioning separately from the elbow, the muscles within the forearm are connected to both ends and pain in one can cause pain in the other.

Let's sum up. Remember that whatever the injury, recovery from joint pain is often down to a number of factors. Let it rest, and try not to put it through its paces until you're sure you're ready and the pain is completely, consistently gone. Keep it iced and immobile if possible, as much as possible – this will bring the swelling down and keep the joint from banging into things that can cause it more pain. Exercise when you're ready, so as to keep the joint flexible and reduce stiffness that can be a natural aftereffect of the healing process. Finally, medicate with the assistance and guidance of your doctor. This last part can be done with either the standard non-steroidal anti-inflammatory drugs, or through natural herbal or spice-based remedies, or perhaps a combination of both.

Don't rush it, and don't fret. Keep at it and you'll eventually bring the pain down to a much more manageable level, or even get rid of it entirely. Bottom line is you can get your life back after the pain!



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About CopperJoint™

This Free Report brought to you by CopperJoint™.

CopperJoint is a small business based in 25883 N Park Ave Unit A244292 Elkhart, Indiana, 46514, USA. Established in October of 2014, Co-Founder and CEO Jon Deal believes in the articulation of joints through compression sleeves. The main priority of the company is customer satisfaction by helping people with their daily struggle in fighting pain through their day-to-day activity, be it in sports, work, or recovery from an injury.

Copper joint combines sport science and skin health benefits for improved mobility, performance and relief. All CopperJoint™ products feature copper-infused fabric. The Infusion Process the Company uses is unique and totally different from other brands. Their technology emphasizes adding ORGANIC Copper Complex so that it is chemically bonded onto fiber macromolecule, and Copper exists in the forms of only copper ions: Cu++ and Cu+.

The CopperJoint™ vision centers on creating a line of effective and unique compression garments intended to assist the body in avoiding injuries, speeding the healing process and enhancing performance under any stress or circumstance. Using an anti-slip system, CopperJoint™ ensure that their braces always stay in place, promoting joint recovery, and helping consumers to deal with the pain of various muscle-related discomforts, from tendonitis and arthritis, to simple strains. Many customers regard CopperJoint™ to be "The best on the market" when it comes to compression garments.