



# ALASKA NATIVE MEDICAL CENTER



## ELBOW

### Diagnostic/Treatment Recommendations:

- Rest
- Appropriate activity modifications (ergonomic changes)
- Trial of ice and NSAID protocol
- Supervised physiotherapy for stretching program
- Tennis elbow brace
- Cortisone injections
- Elbow Tendinitis
- Elbow Bursitis

### Patient Handouts:

- Elbow Tendinitis
- Elbow Arthritis
- Elbow Bursitis
- Elbow Fact Sheets

### Referral Guidelines:

- Symptoms do not improve despite a reasonable trial of conservative treatment (6 months)
- Other orthopedic condition/diagnosis suspected
- Obtain elbow radiographs - before referral