

# 4/21/14 Today's Agenda:

**U3 EQ: What are the anatomical structures and common athletic injuries of the elbow?**

- 1. Students will create yarn muscles on Penny Benny, and Jimmy.**
- 2. Students will record notes over injuries #4 – 6 to the elbow.**
- 3. Students will create elbow injury flash cards.**

**TO: What are #4 - 6 injuries to the elbow?**

1:3 Identify major bones in the body.  
1:5 Describe general injury causations and/or mechanisms.



# Groups:

1. Daniesha, Ariel,  
Shey, Nick, Sydni,  
Jadi, Caleb
2. Kyle, Alexis, Kierra,  
Allison, La'Schirrae,  
Brayden
3. KB, Raven, Danielle,  
Kareem, Olivia, Kim

In the given groups to the left, label the list of structures listed below on Penny, Benny, & Jimmy. Each group member must label one structure bilaterally. Your label must contain the name of the structure and your initials.

- Biceps Femoris
- Triceps
- Pectoralis Major
- Ulna
- Radius
- Humerus
- Deltoid
- Latissimus Dorsi
- Olecranon
- Lateral Epicondyle
- Medial Epicondyle
- Brachialis
- Brachioradialis
- Supraspinator



# 4. Olecranon Bursitis



# Olecranon Bursitis

**MOI:** Direct blow or constant irritation.

**S&S:** P!, swelling, tenderness, golf ball deformity.

**Tx:** RICE, compression, possible drainage.

**Prevention:** padding...





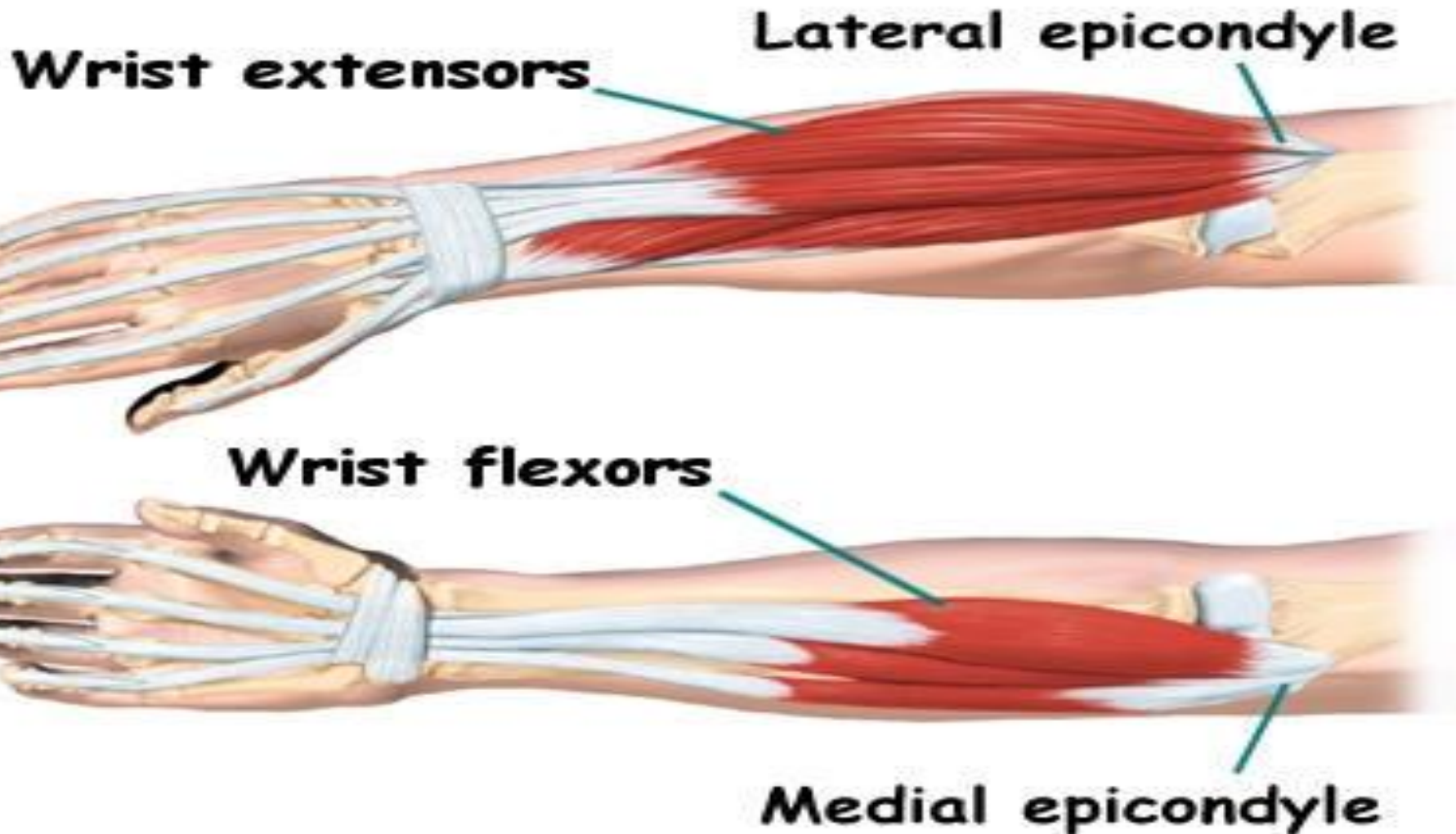






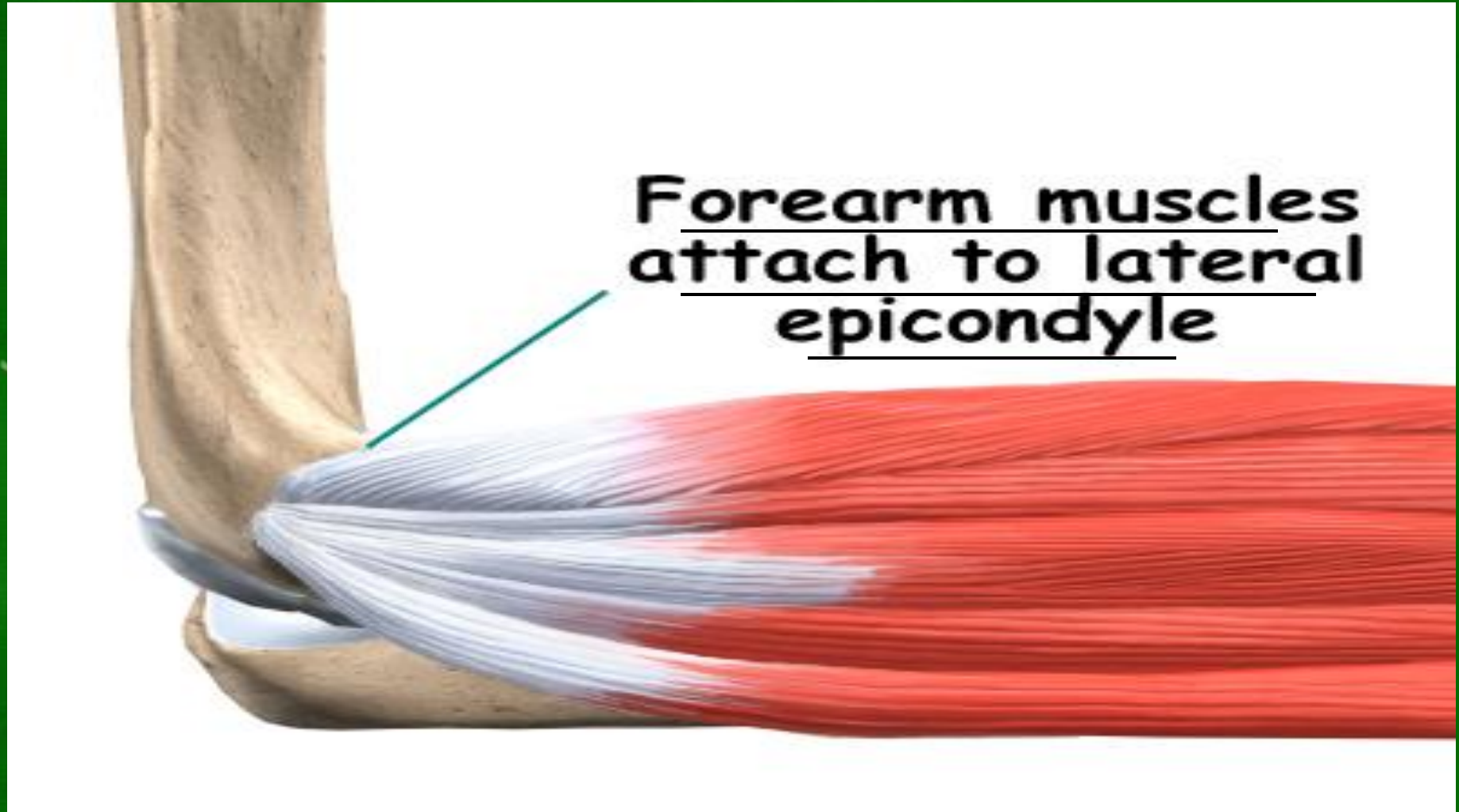


# 5 & 6. Extensors and Flexors





## 5. Lateral Epicondylitis aka “Tennis Elbow”



# LATERAL EPICONDYLITIS

## “Tennis Elbow”

MOI: Repetitive extension of the wrist, which causes irritation at the insertion point on the humerus.

S&S: Aching p! over the lateral epicondyle during & after activity; weakness c gripping, loss of ROM in wrist/elbow.

Tx: RICE, PT, brace.

Prevention: Proper backhand technique.



Lateral  
epicondyle

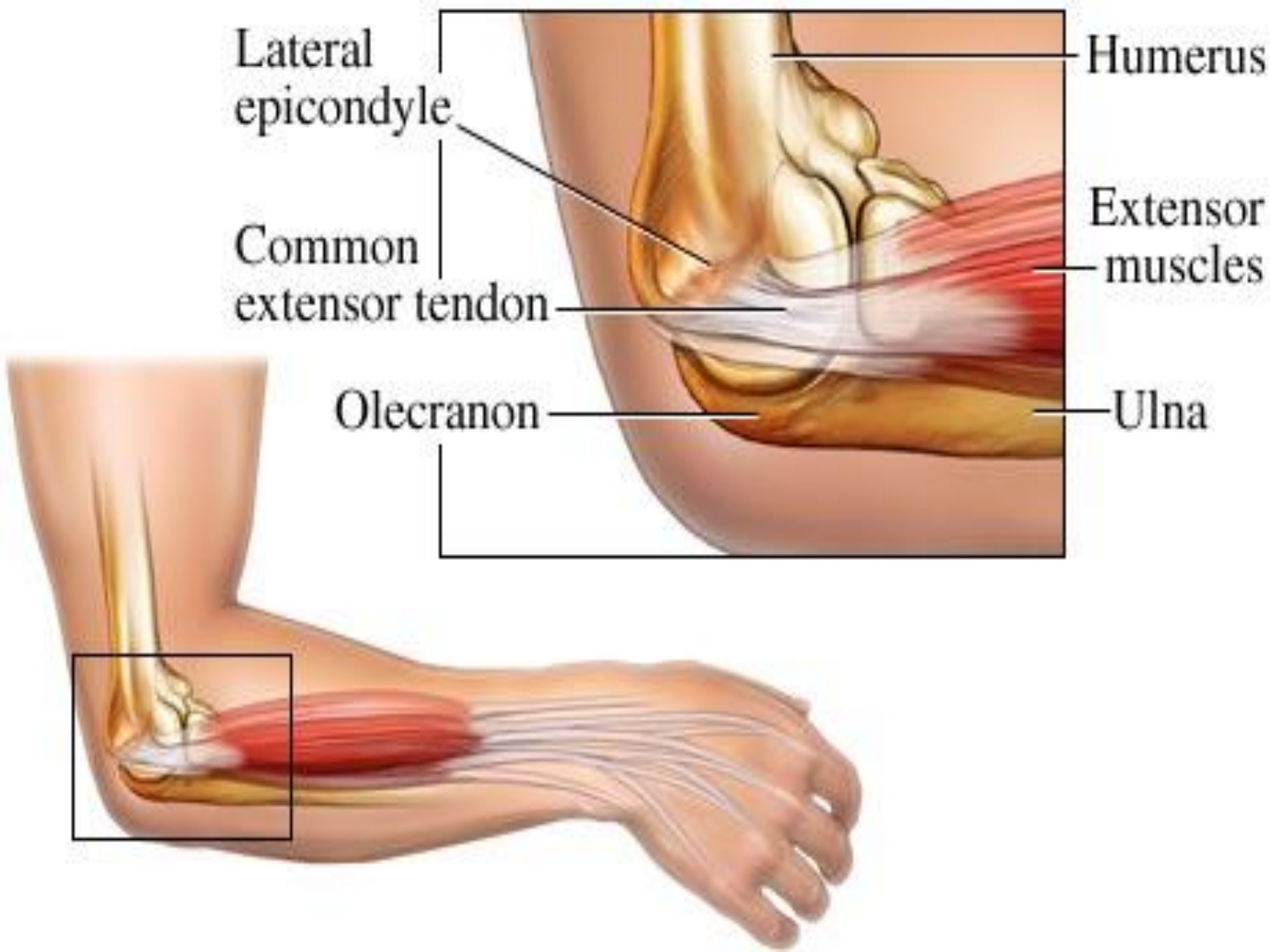
Common  
extensor tendon

Olecranon

Humerus

Extensor  
muscles

Ulna







# LATERAL EPICONDYLITIS

## “Tennis Elbow”



# 6. Medial Epicondylitis

## aka “Golfer’s Elbow” or “Pitcher’s Elbow”





# Medial Epicondylitis

## “Golfer’s Elbow” or “Pitcher’s Elbow”

**MOI:** Irritation of the medial epicondyle of the humerus. Repeated forceful flexion of the wrist.

**S&S:** P! over the medial epicondyle during forceful wrist flexion. Tenderness, swelling.

**Tx:** RICE, PT, brace.

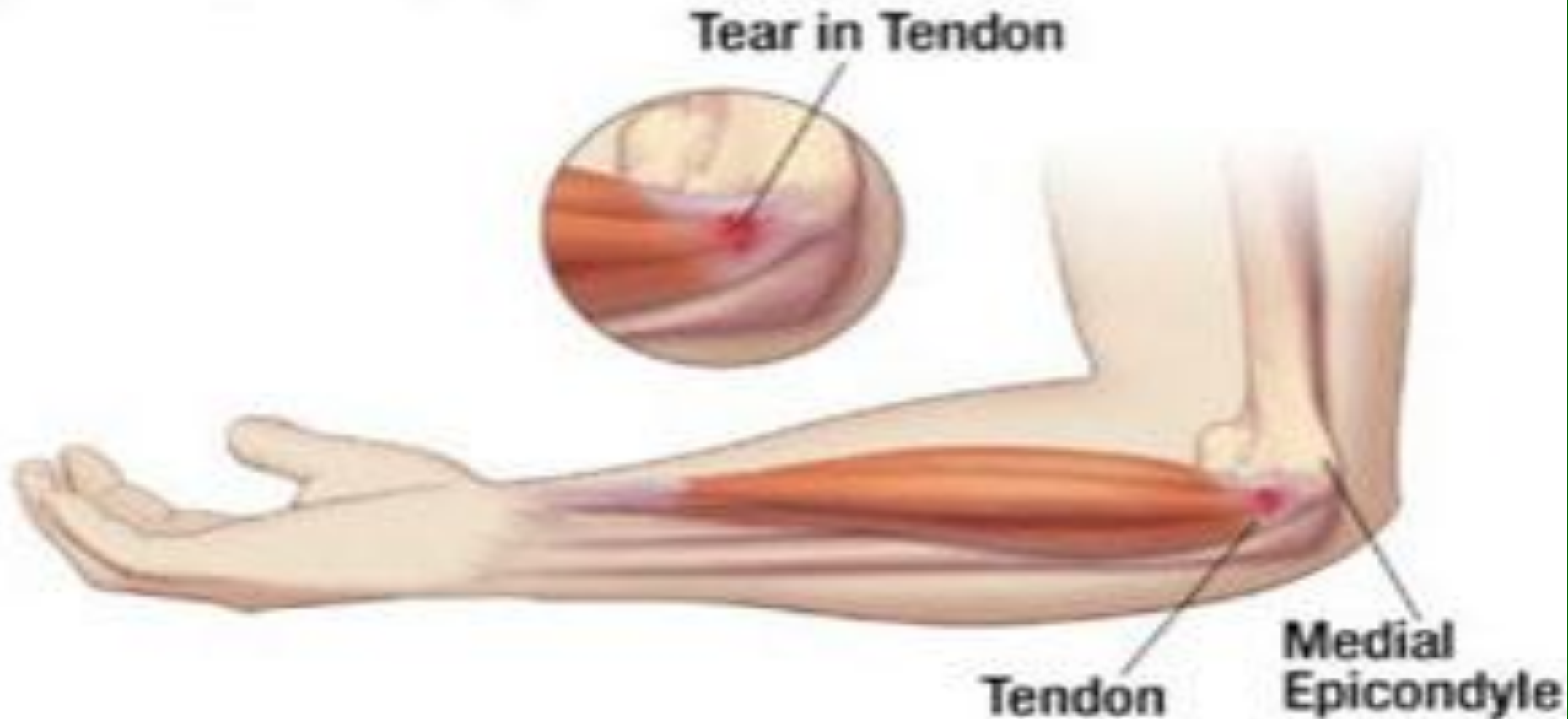
**Prevention:** Proper techniques.

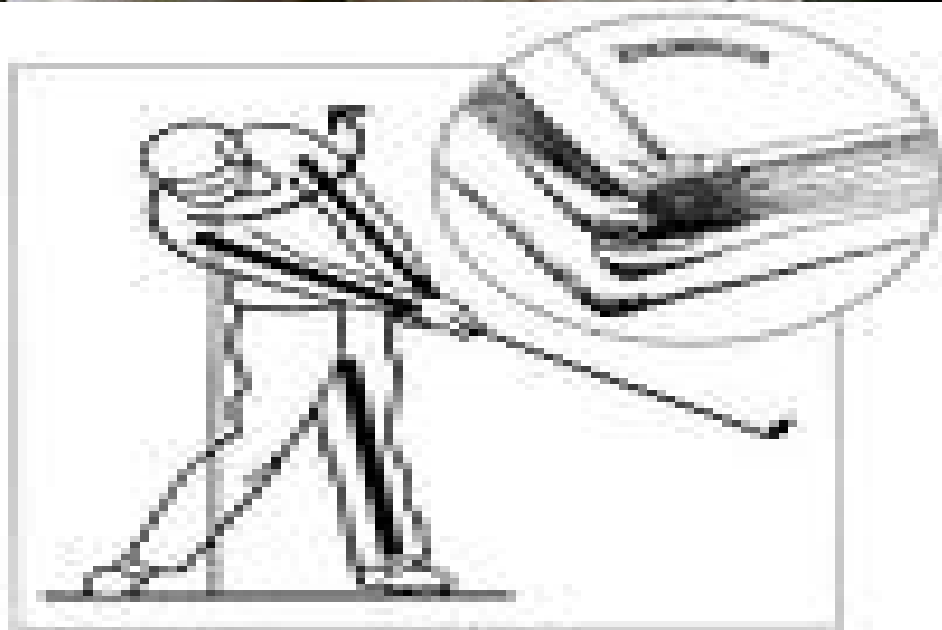


# Medial Epicondylitis

“Golfer’s Elbow” or “Pitcher’s Elbow”

Golfer’s Elbow  
(Medial Epicondylitis)





**Diagram of a Pitch**

This diagram shows the motion of the arm and the ball as the pitcher throws the ball. The ball is shown in the air, and the arm is shown in the position it is in when the ball is released. The diagram is a simplified representation of the actual motion, and it is not intended to be a precise scientific illustration.





# Medial Epicondylitis aka “Golfer’s Elbow” or “Pitcher’s Elbow”

