

### Orthogo Physical and Aquatic Therapy Newsletter

#### Coming Soon

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#### IS IT MY NECK OR MY ELBOW?

Tennis elbow or lateral epicondylalgia is a common diagnosis experienced by more than those that play tennis. If you've ever had this problem, you know that it can be quite debilitating. Every time you reach, grab, or twist the forearm and hand, it can be very painful.

What if the pain isn't really coming from the elbow though? If you ever experienced a headache when you eat cold foods, you know that pain can radiate from one area (the mouth/throat) to another (that's the "brain freeze"). A similar situation can occur with the elbow. Since nerves run down from the neck to the hand, it is possible, and not all that uncommon, for patients to come in to our practice with complaints of elbow pain that is originating from the neck.

#### WHY SHOULD I BOTHER?

Awareness weighs about an ounce and you know the old saying, "An ounce of prevention is worth a pound of cure." If you start to experience pain in the elbow or forearm, consider that the source might be the neck. Repetitive tasks can be a real challenge. Activities like mountain biking or anything that involves repetitively looking up will narrow the spinal canal and can irritate the nerve roots. This irritation results in the radiation of pain into the elbow. Simply changing your posture at your computer and taking regular breaks to stretch out the neck and upper body can be very helpful.

#### WHAT TO DO IF YOU HAVE ELBOW PAIN RADIATING FROM THE NECK

A thorough evaluation of your condition is fundamental to the development of a successful treatment plan. Since we spend 30 minutes or more with you during your first visit and subsequent reevaluations, we certainly can help you differentiate an elbow problem from referred pain from the neck.

If the neck is indeed the "source" of the elbow pain, different techniques will be used to make sure that the cause of the problem is being addressed. If you do receive neck treatment for an elbow problem, you should notice positive results rather rapidly.

In summary, elbow pain may really be radiating from a source distant to the elbow. If you are experiencing elbow pain, you should consider that the neck may be the source. Moreover, consultation with a well qualified therapist can help determine appropriate treatment for your pain and help you get back to enjoying your quality of life.

#### Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening



#### Clinics

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