

WORK

Evidence recommends that remaining in work following an episode of elbow pain is beneficial for most people. Depending on the type of role, temporary adjustments may be necessary to enable you to return to your full upstanding role sooner. If the type of work involves repetitive twisting actions of the hand/forearm and forceful gripping, a temporary period of rest from these positions would be beneficial. Also avoiding heavy lifting, especially with an extended reach. The longer you are absent from work, the greater the risk of developing longer term symptoms and the less likely you are to return to work.



WARNING SIGNS

- Constant pain which is worse at night
- Tingling, numbness, weakness or a sudden inability to move the arm
- Trauma such as falling onto an outstretched arm
- Any elbow mass or swelling
- Red skin and or fever
- Symptoms of inflammation in several joints
- High temperature
- Unexplained weight loss
- Recurrent dislocation or instability
- Severe post traumatic pain

If you have any of the above, consult your GP immediately or go to A&E.

WHEN TO SEEK OCCUPATIONAL HEALTH PHYSIOTHERAPY?

- The symptoms continue to persist despite engaging in the above advice and recommendations
- The symptoms are affecting your ability to undertake your normal role/duties at work.
- Are absent from work as a result of your foot/ankle pain

Useful Links:

<https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/>

For DSE users:

Have you set up your workstation correctly?

Please complete the DSE user questionnaire on the JLR way or via success factors.

Employee Assistance Programme (EAP):

Confidential 24hr helpline offering advice, information and counselling on issues relating to money, personal life, relationships, work, legal issues, family crisis or illness.



ELBOW PAIN



GENERAL INFORMATION

Elbow pain is a common issue which is often caused by strained or inflamed tissues. Other causes include, tennis or golfer's elbow, olecranon bursitis, cubital tunnel syndrome or referred pain from the neck. Several factors can influence how we experience pain such as our mood, emotions, thoughts and reactions to pain. Most elbow complaints usually resolve within a few days independent of treatment. However, with the following guidance, pain and function can improve and recovery time reduced.

HOW TO MANAGE YOUR ELBOW PAIN

Continuing or resuming your normal activities as much as able is essential in managing elbow pain. Other simple strategies to help recovery are:

- A short period of rest or modifying activities which are known to be exacerbating the symptoms at home, work or sport is beneficial.
- Taking regular pain-relieving medication may be beneficial especially a combination of Paracetamol and Ibuprofen. Anti-inflammatories should only be taken if tolerated and with no previous adverse effects or pre-existing conditions which may prevent you from taking it.

- Ice packs for the first 24-48 hours can be useful. Thereafter, heat packs or hot water bottles applied to the painful area intermittently in the day can be relieving.

EXERCISE

In the absence of any serious condition, restarting normal activities and returning to work early, can help reduce the chance of restricted function in the long-term. Exercise can not only help with pain, but also is associated with the release of certain hormones, helping to improve mood and our perception of pain. Participate in an activity which normally gives you pleasure and steadily increase the frequency and intensity (graded exposure). Each day increase a little. It is normal to experience an initial rise in pain as you try to increase physical activities around the house, with exercise or returning to normal duties at work.

ELBOW EXERCISE

To prevent the elbow becoming stiff and the muscles weakening, it is not advised to rest the elbow for more than a few days. The following exercises can help to restore any loss in movements, maintain muscle power and reduce stiffness:

1. Wrist turns- elbow bent at 90 degrees with palm facing upwards. Turn palm slowly downwards.
2. Wrist lift (palm down)- forearm supported on a table and wrist unsupported (palm facing down). Bend the wrist slowly towards you.
3. Wrist lift (palm up)- forearm supported on a table and wrist unsupported (palm facing up). Bend the wrist slowly towards you.
4. Elbow bends- in standing with arm relaxed by the side of the body, bend the elbow so that the hand moves slowly towards the shoulder.
5. Wrist stretch- with the arm extended in front of you with palm facing down, use your non affected hand to slowly bend your wrist downwards applying gentle pressure. Hold for 20 seconds. Repeat in the opposite direction pulling the fingers backwards.

Exercises 1-4 can be made more difficult by adding a light weight.

