

Case # 5683: Elbow

Patient entered the office reporting pain in the right elbow. The patient reported that the pain came on over a long period of time from using a hammer and screw driver at work. The patient reported that he has been unable to work out at the gym and said that he was unable to do a normal push up in over a year.

The patient reported that as time went on the pain got worse to the point where he experienced pain pulling up the covers up in bed.

The patient pointed to one specific area on the elbow. Even the slightest pressure caused the patient to buckle and wince.

After careful examination it was decided that the pain was being caused by an enthesopathy. Treatment to that specific point was applied. After about five minutes of treatment the patient was asked to get down to do a push up. The patient reported that he hesitant due to his pain. He was told that to do the push up anyway.

The patient was extremely hesitant however he did do the push up. He got up off the ground in complete disbelief! Not only was he able to do the push up without pain but he could move his arm in any motion he wanted without any pain.

The patient couldn't get over it. But for the first time in years he had complete relief from this terrible pain in his elbow.