

— 7 SIMPLE STEPS TO EASE —

Elbow Pain

*And get back to the sport, training and life you love —
without pills, injections or surgery*



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A quick note before you read on

This guide is here to help you feel more confident about the choices you have when your elbow is playing up — and to show you that there is usually a great deal you can do before pills, injections or surgery ever come into the picture. It isn't a substitute for a proper one-to-one assessment, but it's a very good place to start.

About the Author

Who is Amy at AG Injury Rehabilitation?

I help active people in and around Wigan get back to the things they love — whether that's five-a-side, a round of golf, their weekend run or simply keeping up with the kids — without being told to just "rest it" or "live with it".

I know first-hand how much being active matters. I've always played sport myself — a lot of football, right up until a few years ago — so I understand how much it means to stay fit and doing what you love, and just how frustrating it is when an injury gets in the way.

So much elbow pain advice leaves people frightened of their own bodies: told their scan looks terrible, told to stop doing the things that keep them happy and healthy. In my experience, that rarely helps and often makes matters worse. Elbows are strong, adaptable and built to move, and most people recover far better than they've been led to expect — with the right plan and the right support.

A different approach

Rather than guessing, I use objective strength and movement testing (VALD technology) to measure exactly what's going on — so your plan is built on real numbers, not assumptions. From there we work together through a clear, structured plan of care that fits around your life, so you understand what we're doing and why at every stage.

My aim is simple: to get you back to what you actually want to be doing, and to leave you stronger and more resilient than you were before the pain started.



Keeping active in the Lakes

7 Simple, Natural Ways to Ease Elbow Pain

These are the same principles I use every day with active people who want to get back to their sport — and stay there.

1 Keep it moving — gentle movement beats total rest

When your elbow hurts, it's tempting to stop using the arm altogether — but complete rest tends to leave a tendon stiff and deconditioned rather than healed. Gentle, regular movement within comfortable limits keeps the area supplied with blood and reminds your nervous system that moving is safe. You don't need to force through sharp pain, but keeping the elbow gently active is one of the best things you can do early on.

2 Build strength in the tendon and the whole arm

Most stubborn elbow pain in active people involves an irritated tendon — and tendons respond best to gradually loaded strength work, not rest. Building strength through the forearm, elbow and shoulder gives the tendon what it needs to cope with gripping, lifting, or swinging a club or racket. The key word is *progressive* — the right exercises, built up gradually, rather than a random handful pulled off the internet.

3 Get your sleep and setup right

Poor sleep makes pain feel worse and lingers longer, and an irritated elbow can be sore to lie on — so keep the arm supported and comfortable at night. It's also worth checking the things you do all day, like your grip on tools, your desk and keyboard setup, or your technique in the gym or on the course, so you're not constantly aggravating it. Managing these small, repeated loads is often as important as the exercises themselves.

4 Manage your load — don't just avoid it

Most elbow pain in active people isn't caused by one dramatic moment, but by doing too much too soon — a sudden jump in gripping, lifting, throwing or racket sport — or too little for too long. The answer isn't to stop, but to manage how much you're asking of the arm and build it back up sensibly. Getting this balance right is often the difference between a niggle that settles and one that keeps coming back.

No single "magic" exercise

If someone promises one brace, strap or gadget that fixes elbow pain for good, be sceptical. A strap can help in the short term, but lasting results come from putting the pieces together — movement, strength, load, sleep and confidence — not from a magic bullet.

5 Understand your pain

Pain is real, but it isn't always a measure of damage. The tendons around the elbow are tough and adaptable, and the changes behind conditions like tennis or golfer's elbow usually settle well with the right loading. Understanding this takes the fear out of using the arm, and when the fear goes, recovery usually follows. A big part of my job is simply helping you make sense of what's going on.

6 Use heat, movement and hands-on for short-term relief

Heat can ease stiffness and help the area relax, while gentle movement keeps the elbow from stiffening up. Hands-on treatment and sports massage can bring welcome short-term relief and help you move more comfortably, so you can get on with the strengthening that actually does the work. Think of these as helpful support alongside the real work — not the whole answer on their own.

7 Get a proper assessment rather than guessing

The single most useful step is finding out exactly what's driving your elbow pain, instead of guessing and hoping. Elbow pain has several possible sources — the tendons on the inside or outside, the joint itself, or even the neck referring pain down the arm — and they don't all respond to the same thing. A thorough assessment, backed by objective strength and movement testing, shows what's actually going on so your plan targets the real problem.

Sports rehabilitation is an ideal first port of call for elbow pain: skilled at diagnosing it, treating it without pills or surgery, and getting you back to full function — not just out of pain, but back to doing what you love. It also means we can spot the rare occasions when elbow pain needs onward referral, and act quickly.

When to seek urgent medical help

Most elbow pain is not dangerous, but please seek prompt medical advice if any of the following apply: the elbow looks out of shape or you can't move it after a significant fall or injury; there is severe pain, marked swelling or bruising after a trauma; the joint is hot and swollen and you feel unwell or feverish; or you have numbness, pins and needles or weakness spreading into the hand. These are uncommon, but they need checking promptly.

What to Do Next

Ready to get to the bottom of your elbow pain — and back to what you love?

This guide gives you a strong start, but nothing beats a proper look at *your* elbow, *your* sport and *your* goals. That's exactly what a Free Discovery Session is for.

It's a relaxed, no-obligation chance to come in, tell me what's been going on, and find out whether AG Injury Rehabilitation is the right fit to help — before you commit to anything. You'll leave with a clearer idea of what's causing your pain and what can be done about it.

LIMITED AVAILABILITY EACH MONTH

Claim Your FREE Discovery Session

Because I work with each person one-to-one, I can only offer a small number of free discovery sessions each month — so book today to avoid missing yours.

Simply email me to claim yours:

ag.injuryrehabilitation@gmail.com



I'd love to help you get back to it. Get in touch today.

Health Advice Disclaimer

We make every effort to ensure the advice in this guide is accurate and helpful. However, the examples given are based on situations we commonly see in clinic and are not intended to represent every individual's circumstances.

Each person is different, and results can vary widely depending on background, medical history, how advice is applied, motivation and many other factors. This guide is intended as general information only and does not replace an individual, in-person assessment.

It isn't possible to give complete, tailored advice without a thorough assessment, and the guidance here should not be relied upon as a full or accurate account of your particular condition in the absence of one. If you are worried about your health, please consult a suitably qualified healthcare professional.

No guarantees of specific results are made or implied in this guide.

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