

Elbow Care Pathway

GP assessment of pain & function, Consider GALS examination

<https://www.versusarthritis.org/about-arthritis/healthcare-professionals/clinical-assessment-of-the-musculoskeletal-system/rem-s-general-principles/examination-of-the-elbow/>
<https://www.elbowdoc.co.uk/elbow-examination/>

History of trauma or significant injury or loss of function?

Signs of instability or impingement in throwing athletes?
Consider immediate MSK R/F

Positive "Elbow Extension Test"
Refer for XR

No Hx trauma
 conservative advice and self-management, NSAIDs/Analgesia, Standard Physiotherapy

Symptoms >6/52 or Progressive?
 Non-responsive to remedial measures
 Diagnosis unclear

For Signs of Septic Elbow joint or Septic Olecranon Bursitis.

Urgent Referral

Refer to Pennine MSK Partnership for specialist review
 Choose & Book triage within 48 hours. Clinical Specialist Ax <4/52

Tendonopathy

Lateral and medial Epicondylitis
 Distal Biceps
 Snapping Triceps
 Biceps rupture

Consider USS?

Soft Tissue

Ligamentous- MCL/LCL
 Olecranon Bursitis
 Chronic Exertional Compartment syndrome (CECS)

Differential Diagnosis

Cervical/Shoulder With brachalgia RA
 Jt infection/Sepsis
 Ca/Pancoasts

Refer to appropriate Pathway

Intra-articular

OA
 OCD-Loose body
 Synovitis
 Plica Syndrome
 Posteromedial impingement
 Posterolateral impingement
 Radial Head Instability

Consider XR

Neural/ Entrapment

Cubital tunnel (mandatory)
 Radial Tunnel Anterior
 Interosseous median nerve

Nerve Conduction?

INJECTION THERAPY

PHYSIOTHERAPY REFERRAL

SELF REFERRAL PATHWAY BASED ON PT CHOICE/SHARED DECISION

Non-responsive to Intervention, Pain and functional disability persisting. Progressive pathology?

ORTHOPAEDIC REFERRAL

ONLY at this point review diagnostic orthopaedic requirement pre-operative checklist (Ortho MSK checklist doc)

SURGICAL INTERVENTION WITHIN 18/52 PATHWAY

Arthroscopic or Open debridement/ fasciectomy/ spur excision/ contracture release
 Instability/ Ligament reconstruction/ Total Elbow Replacement
 Tendon Decompression
 Bursectomy/ PRP Injection for epicondylitis