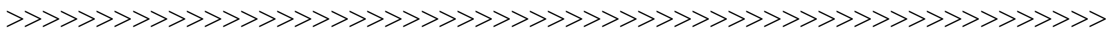
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Olecranon Bursitis

Olecranon bursa are is a thin sac located at the bony tip of the elbow. A healthy bursa is flat but when is inflamed or infected, enlarges with fluid. This can be caused by direct injury, prolonged pressure, infection, rheumatoid arthritis, gout or other medical conditions. Causes elbow pain, swelling, red, swelling and warm skin, in some cases decreased range of motion.

Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify your activities if you can and if you are unable to do this we recommend some relative rest and only carry out the exercises listed below.

Pain management methods:

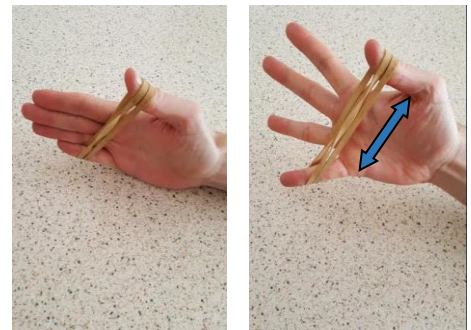
Ice:


Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

Exercises:

Fingers Stretch

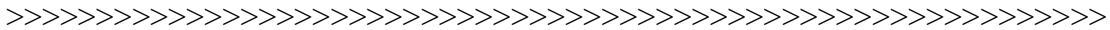
- Wrap an elastic band around your fingers and thumb
- Gently open fingers and thumb against the elastic band as far as you can, keeping your fingers and wrist as straight as you can
- 10 repetitions, 2 sets



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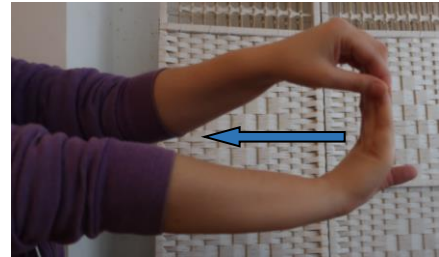


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Wrist Flexor Stretch

- Keeping your elbow straight,
- Relax your wrist
- Keep your palm down and
- With the opposite hand gently bend your wrist backwards
- Hold 20 seconds, 3 repetitions



Elbow Flexion Stretch



- Bend your elbow, keeping your palm facing up toward you
- Use the other hand to press gently on the back of your forearm
- Until you feel a stretch on the back of your upper arm
- Hold 20 seconds, 5 repetitions



Elbow Extension Stretch

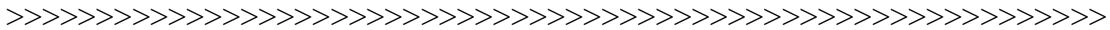
- Sitting on a chair, rest your arm on your thigh
- Hold your wrist with the opposite hand
- Slowly straighten your arm
- Keep holding your wrist as you move your arm slowly back to the starting position
- Hold 10 seconds, 5 repetitions



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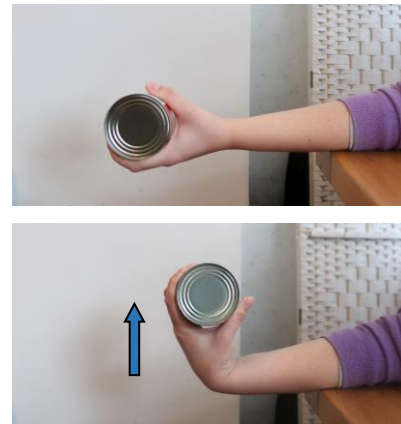


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Flexors Strengthening

- With your forearm rested on a table, palm facing up
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Gently raise the weight
- Hold 5 seconds, 10 repetitions, 2 sets



Bicep Curls

- Secure your injured elbow with your other hand
- Hold a light weight 1/1.5 Kg or a can of beans
- Slowly curl the weight up towards your chest and then again
- 10 repetitions, 2 sets

