

Non-Surgical Elbow Pain Solutions

Helping You Stay Active Without Surgery

Is Elbow Pain Interfering With Work, Sports, or Everyday Activities?

Whether your elbow pain developed gradually from overuse, resulted from an injury, or has become worse with repetitive activities, you don't have to assume surgery is your only option. At **Joint Pain Solution Center**, we specialize in advanced, physician-performed, non-surgical treatments designed to reduce pain, improve function, and help you return to the activities you enjoy.

Our goal is not simply to mask pain—we strive to identify the underlying cause of your symptoms and develop a personalized treatment plan based on your specific condition.

Common Elbow Conditions We Treat

We commonly evaluate and treat:

- Tennis elbow (lateral epicondylitis)
 - Golfer's elbow (medial epicondylitis)
 - Elbow osteoarthritis
 - Distal biceps tendinitis
 - Triceps tendinitis
 - Olecranon bursitis
 - Ulnar collateral ligament (UCL) injuries
 - Elbow sprains and overuse injuries
 - Persistent elbow pain that has not responded to rest, medications, or physical therapy
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Our Comprehensive Evaluation

Every patient receives a thorough evaluation that may include:

- Comprehensive medical history
- Detailed orthopedic examination
- Functional movement assessment
- **Diagnostic musculoskeletal ultrasound** (when appropriate)
- Review of previous X-rays or MRI studies
- Discussion of contributing medical or metabolic factors that may interfere with healing

This allows us to recommend the treatment options that are most appropriate for your individual condition.

Treatment Options May Include

Depending on your diagnosis, treatment may include:

- Ultrasound-guided elbow injections

- Platelet-Rich Plasma (PRP) therapy*
- Corticosteroid injections when appropriate
- Tendon and ligament treatments
- Personalized rehabilitation recommendations
- Activity modification and ergonomic recommendations
- Nutritional and lifestyle recommendations that support joint and tendon health

*Treatment recommendations are individualized after your evaluation.

Why Ultrasound Guidance Matters

The elbow contains multiple tendons, ligaments, nerves, and blood vessels within a relatively small area. Ultrasound guidance allows your physician to visualize these structures in real time, helping ensure treatment is delivered precisely where it is needed.

This precision helps:

- Improve injection accuracy
 - Enhance patient comfort
 - Avoid nearby nerves and blood vessels
 - Confirm medication is delivered exactly where intended
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Why Patients Choose Joint Pain Solution Center

- ✓ Board-Certified Physician Care
 - ✓ Johns Hopkins / Sinai Hospital Trained Physician
 - ✓ Advanced Ultrasound-Guided Procedures
 - ✓ Personalized Treatment Plans
 - ✓ Minimally Invasive In-Office Procedures
 - ✓ Focus on Restoring Function—not Just Reducing Pain
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Take the First Step

The sooner elbow pain is evaluated, the more treatment options may be available before symptoms progress.

Schedule your comprehensive elbow evaluation today.

Joint Pain Solution Center

Phone: (954) 363-9080

Website: www.JointPainSolutionCenter.com

Helping You Move Better. Live Better.