

BRACES BY INJURY:

Elbow Injuries

An elbow injury can be something mild, like tennis elbow or a minimally invasive surgery, or something more major, like a serious injury to the joint. Whether you need an elbow brace to help reduce pain, compress the tissue, or to reduce inflammation via cold therapy, Essential Health Supplies has every piece of equipment you need. We have slings, bands, compression tools, braces, and more to assist with whatever your elbow problems may be.



If you suffer from any degenerative diseases or arthritis of the elbow, then you are already aware of how difficult it can be hard to find good support. Essential has many types of different elbow braces that will help you keep your swollen or painful elbows supported and compressed to help with the inflammation. These are great for post-surgery, post-injury, and general elbow support.

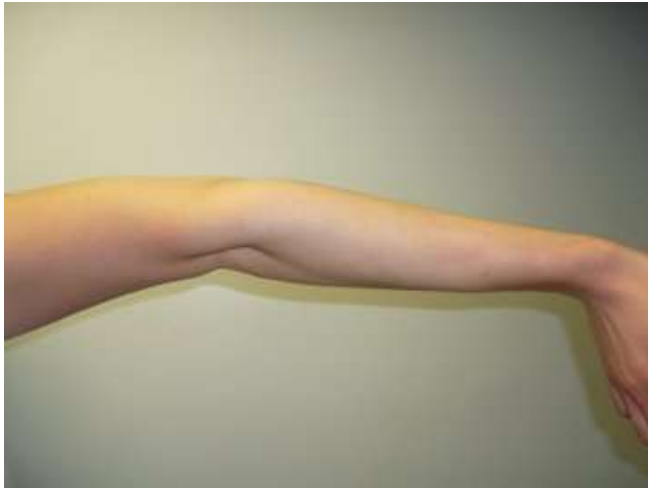
We have everything from compressive wraps to full to cold and heat therapy for awesome pain relief.

Golfers Elbow

Golfer's elbow is very similar to tennis elbow, except it happens on the inside of the arm rather than the out. Golfers elbow, or medial epicondylitis, is a repetitive use injury. Just like tennis elbow, it causes pain due to inflammation and damage to the tendons and muscles in the arm - a result of vigorous or repetitive use.



Treatment for Golfer's elbow varies - some doctor's recommend lots of stretching as a method of therapy. One thing that may help is a brace specifically designed to help compress the musculature in the arm, preventing sore tendons from rubbing against each other and causing you pain.



An elbow that hyper extends might be at further risk for an injury due to overstretching of the muscles and ligaments. If you play sports, are frequently physically active, or have another reason to want to prevent hyper-extension of the elbow, then an elbow brace might be a good way to do that.

Tennis elbow is a repetitive use injury that can make it difficult to do minor things due to the extreme pain on the outside of the elbow. Often times, tennis players will get 'tennis elbow' due to overuse of the elbow - hence the name. The tendons that join the forearm to the muscles. Over time, with plenty of use, these parts become damaged, inflamed, and painful. If you're considering surgery for tennis elbow, try one of our braces below first for some relief before going under the knife.



Most people that get tennis elbow use the muscles and ligaments on the outside of the arm more than others. This group of people tends to be anywhere in the age group of 25 to 50 or older. With a good tennis elbow brace, you can help hold those painful tendons and muscles in place, possibly reducing all the inflammation and pain that comes with overuse.