

Release of a stiff elbow

Common causes of pain in the elbow include sprains from overstretching a ligament, tennis elbow or golfer's elbow, a build-up of fluid over the elbow joint (bursitis), trapped nerves, osteoarthritis or repetitive strain injury. It can be all too easy to put a stiff elbow down to overdoing things but, if you are unable to straighten your arm fully or make a fist with your fingers, this is often a sign of trauma or arthritis and you should seek help from a professional.

A fast diagnosis for your elbow pain to support a prompt recovery

The first step is to book an initial consultation to discuss your symptoms with a Consultant. If the problem is caused by inflammation, your Consultant may suggest you have anti-inflammatory medication or an anti-inflammatory injection. They may also refer you to have physical therapy treatment to help restore movement. However, in more severe cases, your Consultant may recommend you undergo an investigative procedure to examine the joint and remove any loose bodies within the elbow. This is often an arthroscopic (keyhole) procedure to remove spurs on the ends of bones or to treat other problems within the joint.

Prices & payment

We offer a guide price of:

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£2,470

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

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Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer

term fixed rate loans, there is an option for everyone.

Consultants



Mr Keith Borowsky



Mr Howard Cottam



Professor Bijayendra Singh



Mr Ravi Singh



Mr Dimitri Yanni