

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 specialist.

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. You can choose to have this appointment at KIMS Hospital or Sevenoaks Medical Centre. 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 from:

Release of a stiff elbow
from £3,481

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Keith Borowsky

Available at
KIMS Hospital

[View profile](#)



Mr Howard Cottam

KIMS Hospital+1 location

[View profile](#)



Professor Bijayendra Singh

KIMS Hospital+1 location

[View profile](#)



Mr Ravi Singh

KIMS Hospital+2 locations

[View profile](#)



Mr Dimitri Yanni

Available at
KIMS Hospital

[View profile](#)

FAQs

Where will my treatment take place?

Regardless of where you had your initial consultation or tests, if your Consultant refers you for an investigative procedure or surgery, this will take place at KIMS Hospital in Maidstone. For most outpatient appointments, including some physical therapy treatment and any follow up appointments with your Consultant, you can choose to be seen at either KIMS Hospital or Sevenoaks Medical Centre.

What is the cost of private stiff elbow treatment at KIMS Hospital?

A private stiff elbow treatment at KIMS Hospital starts from £3,481. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.