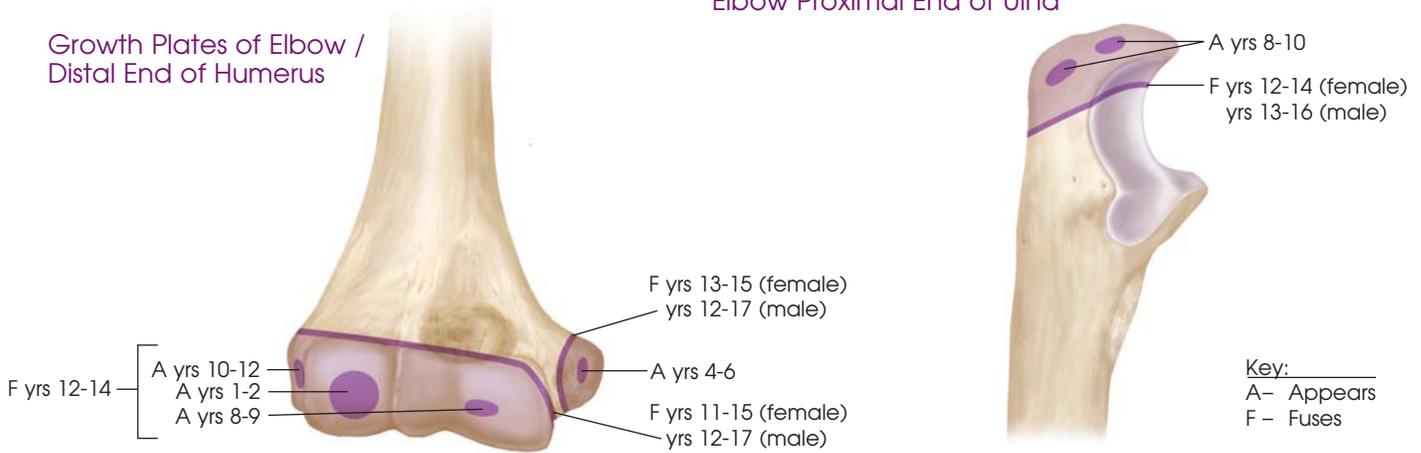


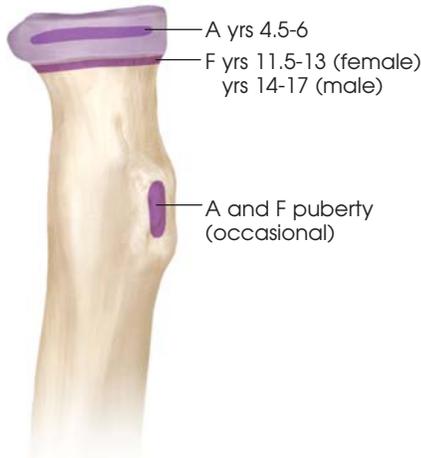
Valgus Extension Overload Injuries in Kids and Medial Epicondyle Avulsion Injury

Growth Plates of Elbow /
Elbow Proximal End of Ulna

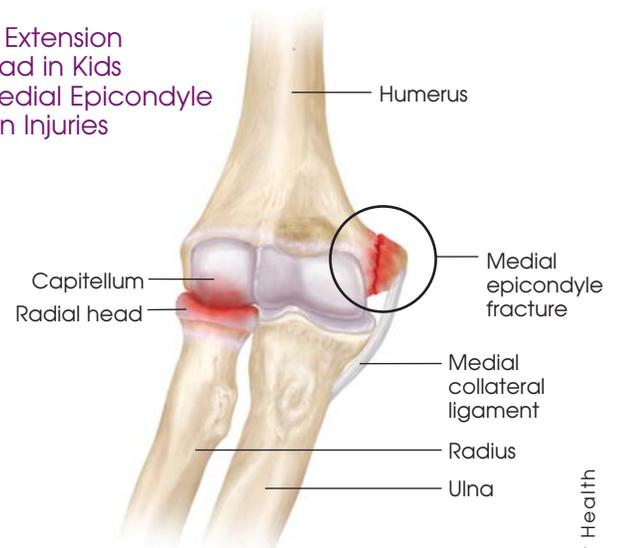
Growth Plates of Elbow /
Distal End of Humerus



Growth Plates of Elbow /
Elbow Proximal End of Radius



Valgus Extension
Overload in Kids
and Medial Epicondyle
Avulsion Injuries



Valgus Extension Overload represents a series of problems seen in athletes such as gymnasts and baseball players. The issues are caused by weight-bearing activities that use the upper extremities of the body, such as gymnastic handsprings, cocking the elbow to throw a baseball or swinging a tennis racquet. Forces to the elbow can lead to ligament strains, cracks in the cartilage surface and loose bone fragments. Young athletes with valgus extension overload usually experience chronic pain which may turn severe if an avulsion (tearing away from the bone) or fracture occurs.

Common Treatment Options

- Rest is recommended for chronic pain with no loose pieces of bone.
- For more severe injuries, the elbow should be immobilized.
- Non-steroidal medication (such as ibuprofen and naproxen) should be avoided as they can reduce healing.
- Physical therapy may be recommended to regain motion.
- Surgery may be considered if the avulsions (tearing away from bone) are significant and the athlete is at a high level of competition.
- Surgery may be performed to remove loose pieces of bone or cartilage and repair damage.

