Elbow pain checklist before you book

Use these steps to decide who to see and what to ask.

- [ ] Rest the elbow from aggravating activities for several weeks.
- [ ] Try acetaminophen or NSAIDs for pain and swelling if suitable for you.
- [ ] See a doctor if pain persists after a week of home care.
- [ ] Seek care for numbness, tingling or arm weakness.
- [ ] Get medical care after a fall or injury that limits movement.
- [ ] Seek care for fever with a swollen, painful elbow.
- [ ] Tell any chiropractor about all medical conditions.
- [ ] Ask the clinic about fees and the visit plan before starting.
- [ ] Ask about forearm strengthening exercises as part of care.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-elbow-pain/