Preface

The Athlete's Elbow: Not a "Bend in the Road"

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Editor

I would like to begin by thanking my friends and colleagues who have given of their time and talents to contribute to this issue of *Clinics in Sports Medicine*. These and other very talented physicians, surgeons, and therapists around the "elbow world" continue to raise the bar of the care of the athlete's elbow and collectively improve the outcomes in these patients.

Any physician practicing orthopedic sports medicine will inevitably have the opportunity to evaluate and treat elbow injuries in an athletic or active population. Regardless of the level of sport participation, injuries to the elbow can be debilitating from simply a quality-of-life perspective, if not managed in a timely and proper manner. In a typical sports medicine practice, elbow conditions tend to represent a smaller percentage of the total practice than the more common knee and shoulder injuries and conditions. For this reason alone, many clinicians choose to refer elbow injuries to subspecialists for their care. However, the vast majority of common elbow injuries can be successfully treated and result in return to normal activity and sports participation at rates similar to the more common injuries in those other joints. Although the elbow is the "bend" in the arm, it does not need to be a "bend in the road," beyond which the future is uncertain. In fact, return to sport rates following successful treatment in some elbow conditions are among the highest in all of sports medicine!

In this issue of *Clinics in Sports Medicine*, my colleagues and I hope to give the reader enough information to feel comfortable evaluating and caring for the most common conditions that affect the elbow in the athletic and active population, along with the most up-to-date techniques and biologic options to go along with those treatment options. Conditions commonly affecting the throwing athlete have been grouped together in the first part of this collection, with other common elbow injuries and conditions seen in athletics following those articles. The athlete's elbow is susceptible to a myriad of injuries ranging from simple tendinopathies to complex fractures and

instability patterns. It is my hope that this issue of *Clinics in Sports Medicine* gives the reader a better ability to navigate the “bend” in the arm and find success in the treatment of these elbow injuries and conditions.

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