

## Hyperextension Injury of the Elbow



### Overview

This happens when you extend your elbow back farther than it's supposed to go. That damages the bones and soft tissues in your joint. Hyperextension can dislocate or even fracture your elbow.

### Causes

Hyperextension injuries can be caused by strenuous activity. It can happen to weightlifters and gymnasts. It can happen during contact sports. It can also happen if you fall and try to catch yourself with an outstretched arm.

### Symptoms

A hyperextension injury hurts. You may feel sharp pain, or it may be a dull ache. You can have swelling and weakness. Your skin may be bruised. If you've dislocated or broken your elbow, you may see a bulge where a bone has shifted out of position.

### Treatment

Treatment depends on the severity of your injury. Some injuries can heal with rest and immobilization. Others need surgery. Your healthcare provider can create a plan that's right for you.

