



## Growth Plate Injuries of the Elbow



### Overview

Growth plates are places where new bone tissue forms. They are found near the ends of the long bones in growing children. Growth plates are weaker than the surrounding bone. That makes them easier to injure.

### Causes

Growth plate injuries often happen in the elbow. This can be a problem for young athletes who play baseball, which places a lot of repetitive stress on the joint. A growth plate injury can also be caused by a traumatic accident. It can be caused by a bicycle or skateboard crash, or by a fall. It can happen during contact sports.

### Symptoms

A growth plate injury of the elbow causes pain. Your elbow may swell. It may be tender and warm. You may not be able to move it. Without proper care, this injury can interfere with your bone's growth.

### Treatment

Treatment options depend on the severity of your injury. Immobilization allows some injuries to heal. Others need surgery. Your healthcare provider can create plan that's right for you.