



GOLFER'S ELBOW



What is golfer's elbow?

Golfer's elbow, also known as medial epicondylitis, is an overuse and muscle strain injury. The cause is repeated contraction of the forearm muscles that straighten and flex or bend the hand and wrist. The repeated motions and stress may result in inflammation or a series of tiny tears in the tendons that attach the forearm muscles to the bony prominence on the inside of your elbow

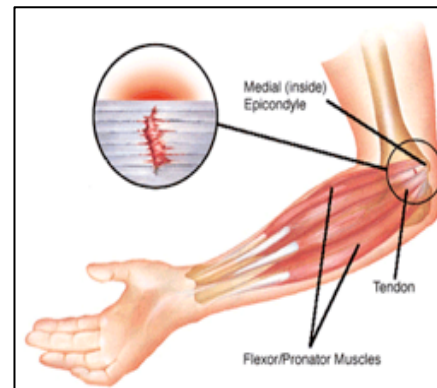


Where does it occur?

Golfer's elbow occurs where wrist flexor muscles attach to the bone on the inside of the elbow (medial epicondyle). Seen in golfers, throwers, painters, and landscapers.

What are possible symptoms?

- Pain and tenderness on inside of elbow and into the forearm
- Pain with resisted wrist flexion
- Difficulty shaking hands or turning doorknobs
- Stiffness
- Radiating pain or numbness from elbow into wrist or ring and little finger.



How does physical therapy treat it?

- Protect – use of brace, decrease activity, ice
- ROM and stretch
- Strengthen – hand, wrist and forearm
- Manual therapy – stretch, massage, mobilization
- Proper form with sports and postural awareness
- Modalities – electrical stimulation, ultrasound, cold laser

