

MEDIAL EPICONDYLITIS OR GOLFER'S ELBOW

This is a condition involving the flexor tendons of the forearm. These are the muscles that bend the wrist and fingers, and rotate the forearm. They are active during gripping and pulling actions. Pain can occur at the elbow and radiate to the forearm and hand. Occasionally there may be tingling or numbness to the 4th and 5th fingers. Most common causes are overuse of the flexor muscles due to unaccustomed or prolonged activity, or a sudden, forceful pull on the fingers hand or wrist.

TREATMENT

REST Use pain as a guide. You are only aggravating the condition if you continue activity while experiencing pain. Complete rest may be necessary, or modification of activities may help.

ICE Early Stages – use ice (frozen peas, etc.) 2-3 times a day for 10-15 minutes
- wrap damp towels around your ice, then apply to elbow
-use after work, sport or activity

HEAT Later Stages –To be used before work or exercise.

COUNTERFORCE STRAP This helps relieve stress on the tendons, and initially can be worn all day and with improvement, only during forceful or repetitive activities. Your therapist will advise you.

ANTI-INFLAMMATORY MEDICATION

May have been prescribed by your Doctor. Continue to take this as prescribed while you are following the physiotherapy program.

MASSAGE Use thumb on opposite hand to massage back and forth over tender spot.
Do for 1-2 minutes

PREVENTION AND PROTECTION

Avoid lifting with your arm stretched out and palm up
Avoid repetitive wrist movements (eg. Hammering, using a screwdriver)
Avoid prolonged, steady gripping
Avoid repetitive pulling or gripping
Avoid resting the elbow on a hard surface
Avoid holding arm in one position for extended periods of time. Ie. Holding the phone, IPAD etc.
Use two hands instead of one.
Recruit help as able.

EXERCISES As prescribed by your therapist. These are most important for a full recovery.