



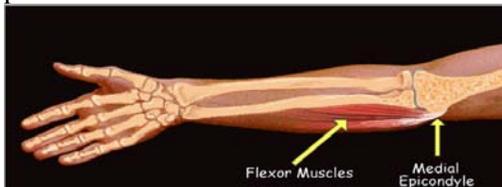
Golfer's Elbow

What is golfer's elbow?

Golfer's elbow, a.k.a. medial epicondylitis is a form of tendonitis located in the elbow.

What area of the elbow is affected?

The area is the medial epicondyle or the funny bone on the inside of the elbow. The muscles that bend the wrist down start in this area as seen in the picture. Small tears in the muscle begin to heal but when reinjured by continued use, become scarred and painful.



Why is it called golfer's elbow? In the golf swing, the wrist flexor muscles and tendons must tighten to allow the golfer to hit the ball.

Is this condition caused only by golfing?

No. Any activity that requires repeated bending of the wrist, gripping, grasping, or turning the hand can cause golfer's elbow.

What are the symptoms of golfer's elbow?

- **Tenderness and pain in the inside elbow, made worse by flexing the wrist**
- **Pain caused by lifting or bending the arm or grasping even light objects**
- **Difficulty extending the forearm fully (due to inflamed muscles or tendons)**
- **Pain that typically lasts for 6 to 12 weeks; the discomfort can continue for as little as 3 weeks or as long as several years**

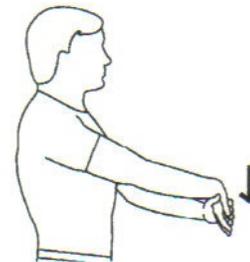
Treatment

- Anti-inflammatory medications will reduce inflammation and pain
- Rest to allow area to heal
- Avoid movements that increase pain
- Early on, as healing continues, gentle stretching will help scar tissue from forming

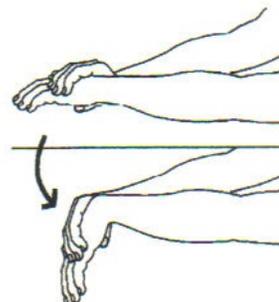
Stretches



Grasp fingers of one hand with other hand. Keeping elbow straight on involved arm, gently pull back on hand as shown. Hold for 20-30 seconds. Repeat 4 times.



Position hand palm up. Grasp fingers of one hand with other hand. Keeping elbow straight on involved arm. Pull hand down gently as shown. Hold for 20-30 seconds. Repeat 4 times



Begin with elbow straight. With other hand, grasp at thumb side of hand and bend wrist downward. To increase the stretch, bend wrist toward small finger. Hold for 20-30 seconds. Repeat 4 times.

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