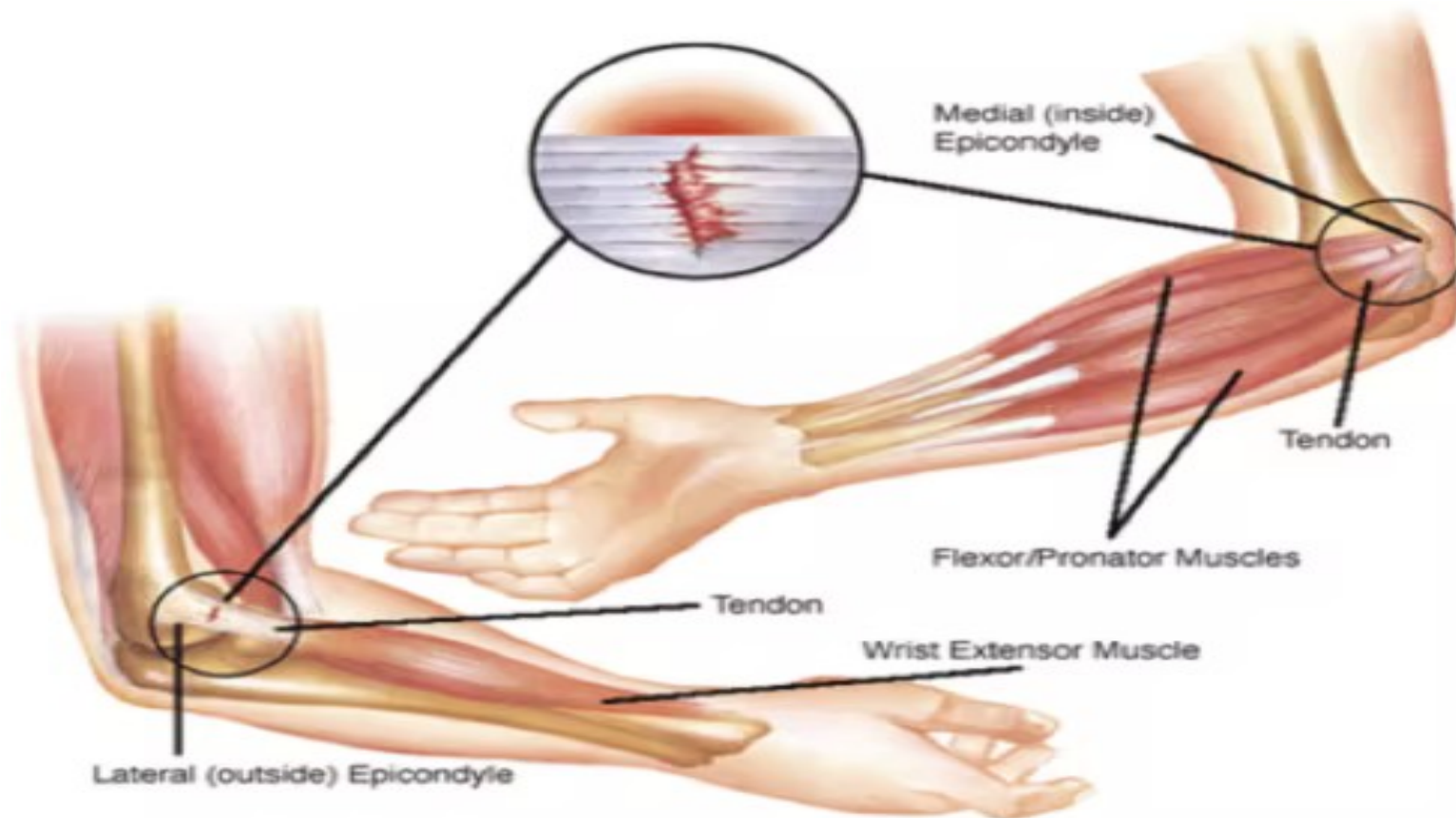


GOLFER'S ELBOW



GOLFER'S ELBOW



GOLFER'S ELBOW

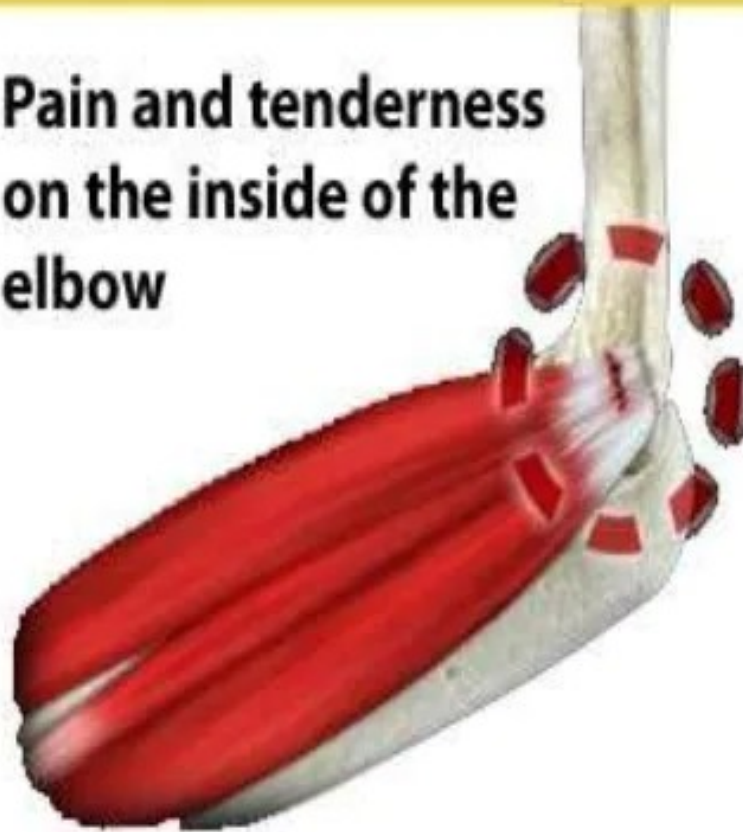
- Golfer's elbow, or medial epicondylitis, is tendinosis of the medial epicondyle on the inside of the elbow. It is in some ways similar to tennis elbow, which affects the outside at the lateral epicondyle.
- Golfer's elbow (medial epicondylitis) causes pain and inflammation in the tendons that connect the forearm to the elbow.
- The pain centers on the bony bump on the inside of your elbow and may radiate into the forearm.



Medial Epicondylitis (Golfer's Elbow)

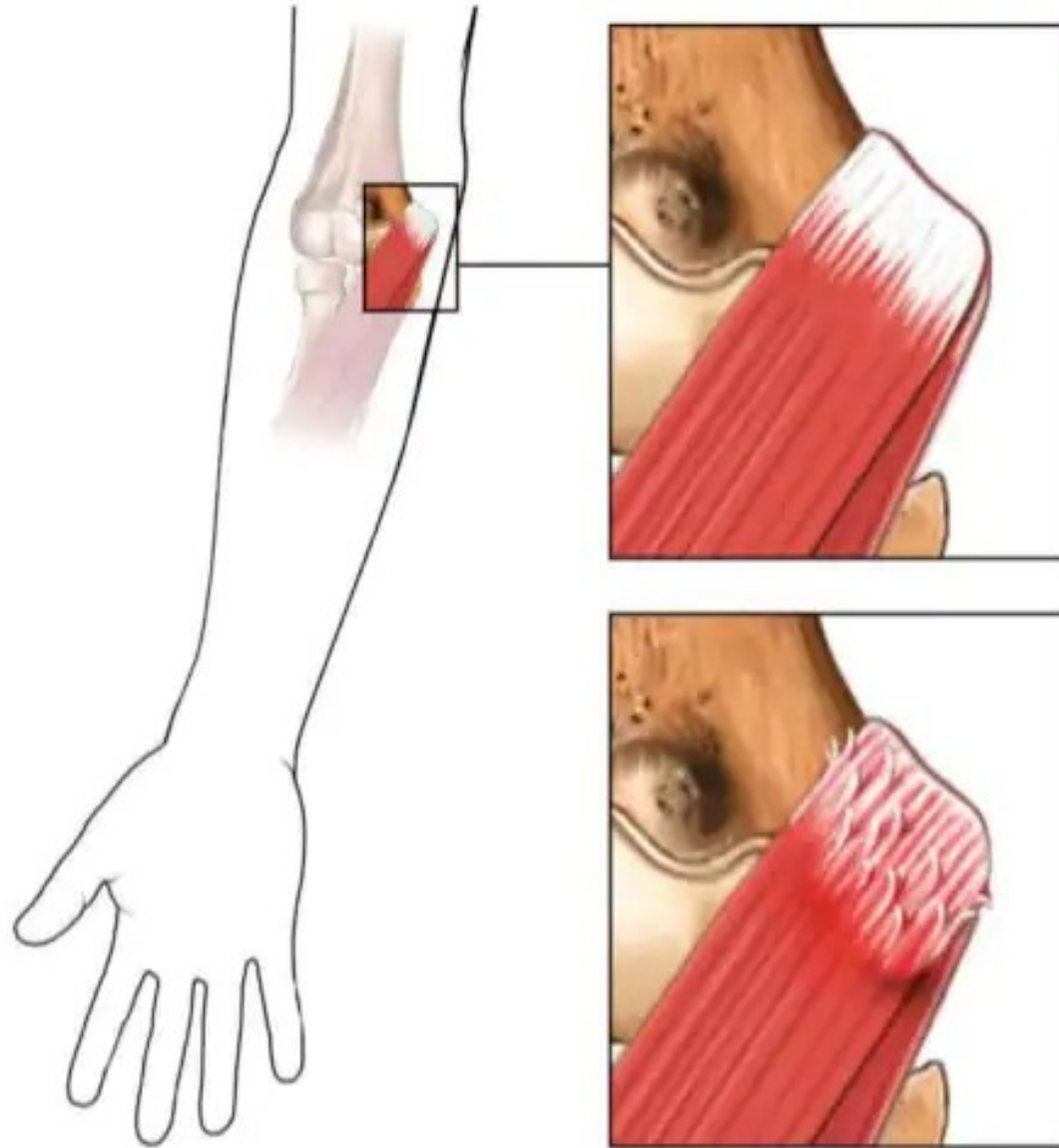


**Pain and tenderness
on the inside of the
elbow**



- Golfers elbow also known as medial epicondylitis or javelin thrower's elbow. An inflammatory condition affecting the common origin of the common flexor tendons of the forearm which results in pain and tenderness caused by inflamed tendons of tendonosis on the inside (ulnar side) of the elbow at the medial epicondyle of the humerus. Most commonly the result of overactivity of the wrist flexors, especially with increasing intensity or duration of activity or poor technique.



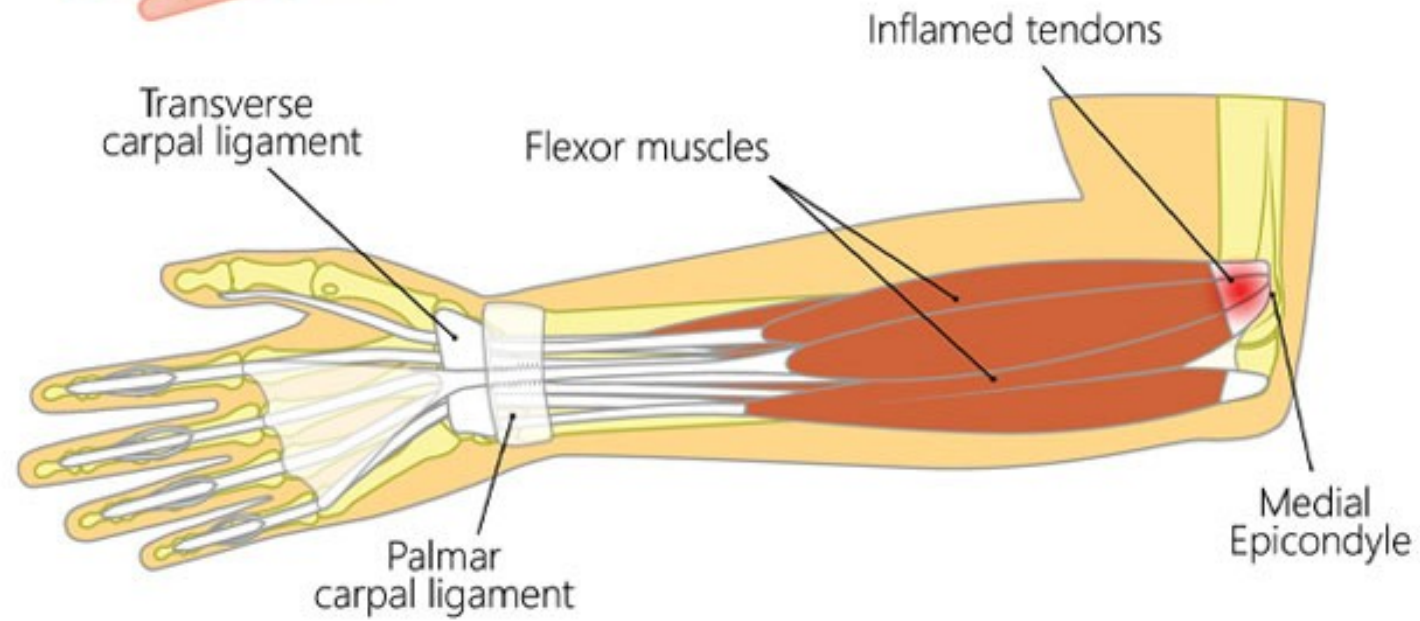
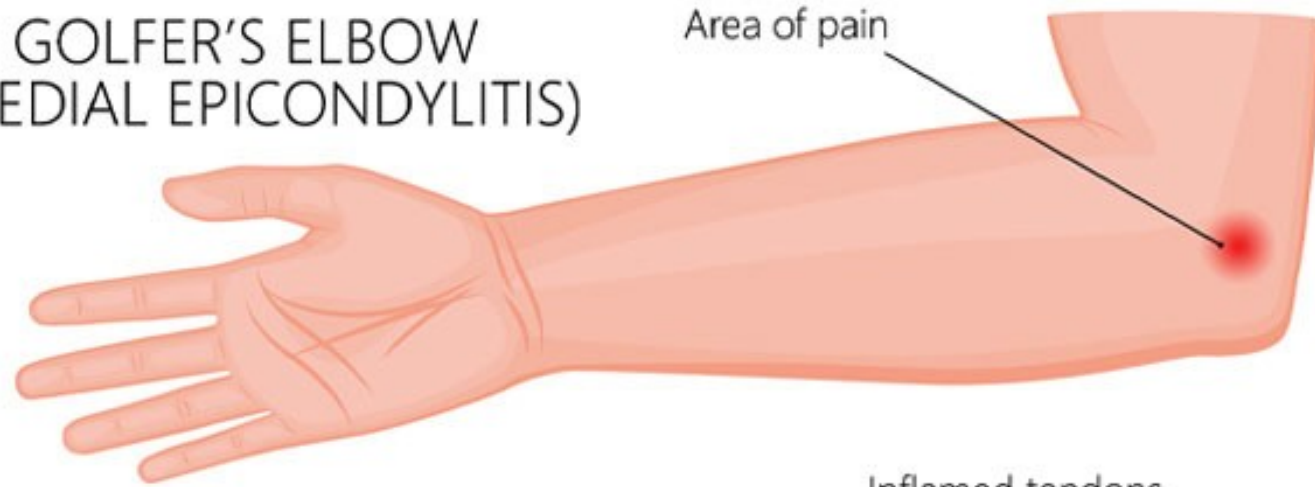


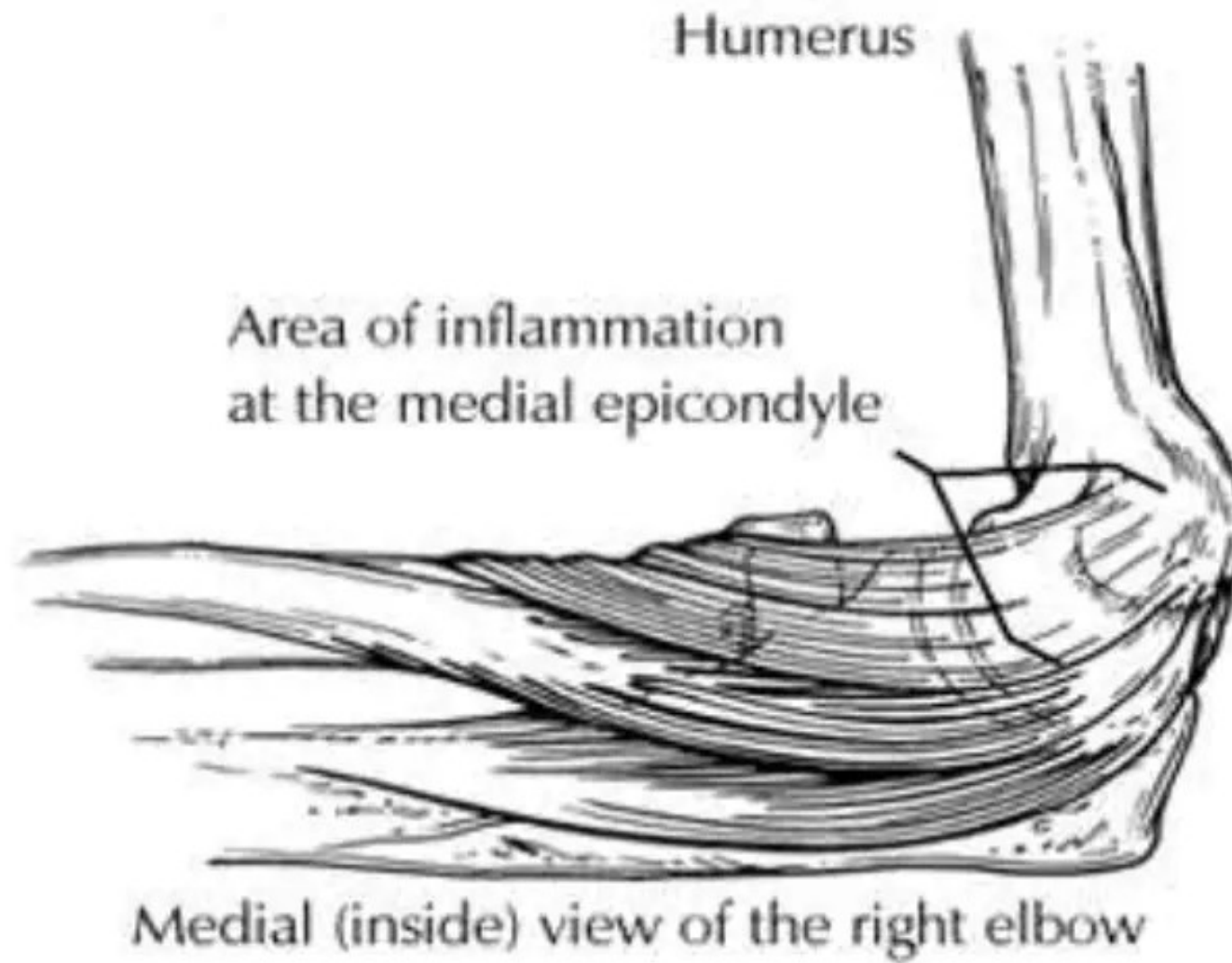
Healthy tendon

Tendon with
inflammation
and tiny tears



GOLFER'S ELBOW (MEDIAL EPICONDYLITIS)





CAUSES

- Gripping or swinging the clubs incorrectly can take a toll on your muscles and tendons.
- Racket sports. Excessive topspin can hurt your elbow. Using a racket that's too small, heavy or tightly strung also can lead to injury.
- Throwing sports. Improper pitching technique in baseball or softball can be another culprit.
- Other activity. Painting, raking, hammering, chopping wood, typing and other repetitive wrist, hand or arm movements can result in golfer's elbow as well.



Symptoms

- Pain when shaking hands .
- Weak grasping.
- Numbness and tingling from your elbow up and into your pinky and ring fingers.
- Pain when flexing your wrist.



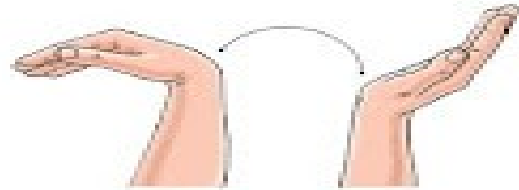
Treatment

Non-specific palliative treatments include:

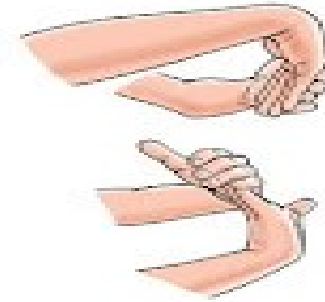
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Heat or ice
- A counter-force brace or "elbow strap" to reduce strain at the elbow epicondyle, to limit pain provocation and to protect against further damage.



Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



Wrist active range of motion:
Flexion and extension



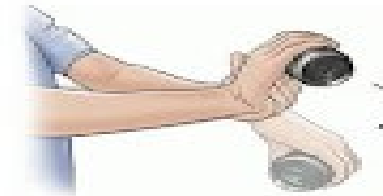
Wrist stretch



Forearm pronation and supination



Eccentric wrist flexion



Eccentric wrist extension



Grip strengthening



Forearm pronation and
supination strengthening



Resisted elbow flexion
and extension



A BIG
thank
you