

A guide for patients with

Golfer's Elbow (Medial Epicondylitis)

About the condition

Golfer's Elbow is caused by inflammation and wear and tear of the tendon that attaches the wrist and finger flexor muscles to the inside edge of the elbow (medial epicondyle). It is far less common than its counterpart Tennis Elbow. It predominantly occurs in the 40 to 50 age range, more commonly in the dominant arm. Men and women are equally affected.

Symptoms

- Pain on the inside edge of the elbow with gripping and flexing the wrist.
- Weakness with gripping and lifting associated with pain.

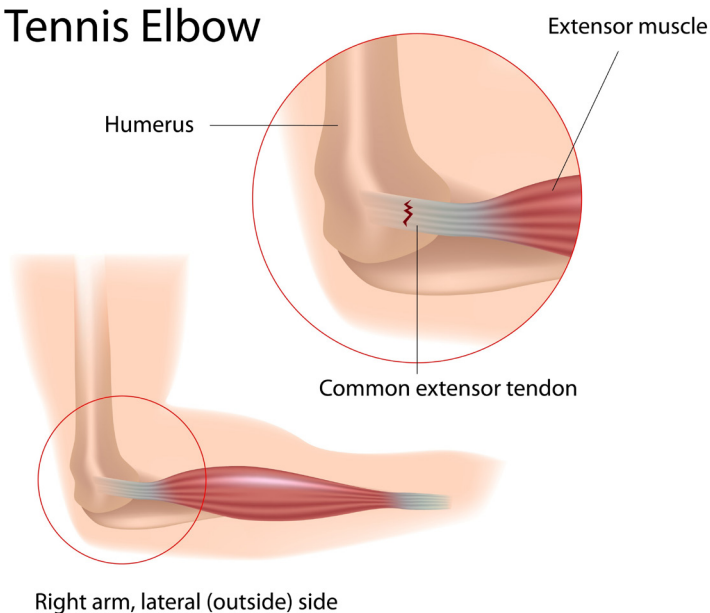
What you can do to help

- Look at your work posture or daily activities. Is your wrist in a poor position or are you repetitively straining your wrist?
- Try using an ice cube to massage the painful point on your elbow for a few minutes, but make sure that it is not too cold or you could get an ice burn.
- Take care with lifting.
- Regularly carry out the exercises over the page as indicated by your physiotherapist.

Contact us

Place sticker with
contact details here

Tennis Elbow



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If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

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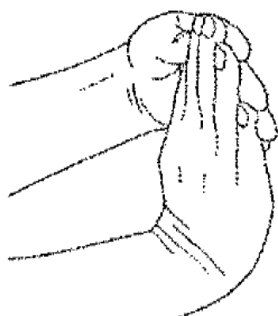
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Exercises



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Hold the fingers of the hand to be stretched.

Gently extend the wrist until you feel the stretching at the inside of the forearm. Keep your elbow straight. Stretch approx. 20 secs. - relax.

Repeat _____ times.



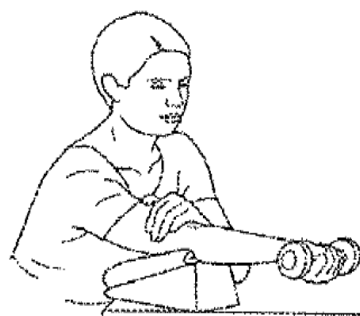
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Stand. Straighten your fingers and bend your wrist back with your other hand.

Straighten your elbow.

Hold _____ seconds.

Repeat _____ times.



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Sit or stand. Support your forearm on a table with your palm facing up. Hold a light weight/tin of beans.

Bend your wrist up assisting the movement with your other hand. Slowly lower your hand down without assistance from the other hand

Hold _____ seconds.

Repeat _____ times.