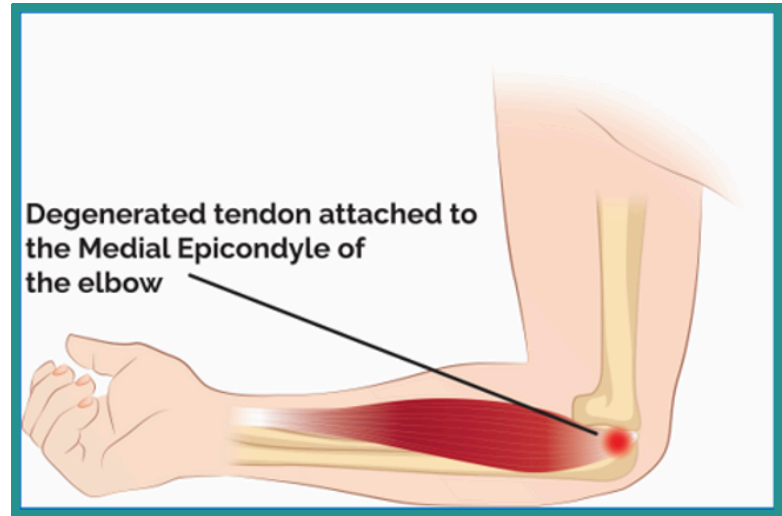


WHAT IS GOLFERS' ELBOW?

Golfers' elbow (sometimes called medial epicondylitis) is a very similar condition to tennis elbow but it is far less common. Unlike tennis elbow, golfers' elbow causes pain at the inner elbow. Golfers' elbow involves degeneration of the tendons where they originate at the inside of the elbow. The two main tendons involved in Golfer's elbow are attached to the Flexor Carpi Radialis muscle which bends the wrist towards the palm, and Pronator Teres muscle which turns the palm down.



WHAT ARE THE SIGNS OF GOLFERS' ELBOW?

Golfers' elbow results in pain and tenderness at the inner elbow near the bony lump at the inner elbow known as the medial epicondyle. The pain may spread down the inner forearm towards the wrist. The pain tends to occur with certain movements especially strong gripping, twisting and bending the wrist. The elbow may also feel stiff especially after it has been kept still. You may also notice a loss of grip strength.

HOW IS GOLFERS' ELBOW DIAGNOSED?

Our hand therapists will perform a series of clinical tests to diagnose golfers' elbow. An ultrasound scan can also be used to confirm the diagnosis.

WHAT CAUSES GOLFERS' ELBOW?

Despite its name golfers' elbow does not only occur in golfers. It can occur in anyone who uses excessive force to bend the wrist in the direction of the palm such as tennis players with a forceful serve. It may result from improper technique in lifting, throwing and swinging, lack of flexibility and inadequate warm up. People who perform highly repetitive or sustained gripping and wrist bending in their occupation, such as operating chainsaws and other heavy tools may also develop this condition.

GOLFERS' ELBOW TREATMENT

It is important to avoid the movements which caused the condition to develop. Our therapists will help you to identify which activities may have contributed to your condition and suggest ways to avoid further stress to the tendons. Treatment involves a carefully graded home exercise program which will increase the tendons capacity to transmit load without pain. Other treatment techniques may include wearing a splint to rest the involved tendons, kinesiology taping, soft tissue massage, dry needling and electrical modalities. Most cases of golfers' elbow will recover with therapy alone, but occasionally corticosteroid injection is required.

