

Golfers Elbow

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Golfers Elbow or medial epicondylitis is inflammation, soreness or pain on the inside of the upper arm near the elbow.

This type of injury may be due to a partial tear of the tendon that connects muscle to bone; usually beginning near the fibers at the elbow.

Causes

When you use your forearm muscles over and over again, small tears develop in the tendon which eventually leads to irritation and pain where the tendon is attached to the bone at the elbow.

This injury results not only from athletic activity but also from activities that involves repetitive twisting of the wrist.

Signs/Symptoms

Radiating pain from the outside of the elbow to the forearm and back of the hand when grasping or twisting.

Treatment

First step is to rest 2-3 weeks and take a nonsteroidal anti-inflammatory. Then begin strengthening exercises.

Home Exercises

Stage 1 (1-2 weeks): Reduce pain or soreness by applying ice and compression 60 minutes every 2 hours while taking anti-inflammatory medicine as directed.

Stage 2 (2nd- 3rd week): Begin stretching and light strengthening exercises gradually increasing weight/resistance; using pain as a guide to determine how much activity is enough. (Examples Below)

Wrist Extension Stretch



Place both hands on a table, as shown, and gently lean forward until a stretch is felt.

Wrist Flexion Stretch



Use the unaffected hand to bend the affected wrist down as shown.

Ulnar Deviation Stretch



Grasp your hand and bend it towards the little finger side as shown

Radial Deviation Stretch



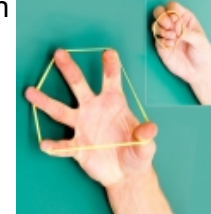
Grasp your hand and bend it towards the thumb side as shown.

Towel Grip



Place a rolled up towel in your hand and squeeze.

Rubber Band Extension Exercise



Expand a rubber band wrapped around your fingers.

Ball Jaw Squeeze



With an elastic ball, firmly squeeze it with your first 3 fingers as shown.

Hold 3 sec

Reps 10 Sets 3

Ball Squeeze



With an elastic ball, firmly squeeze it in the palm of your hand.

Hold 3 sec

Reps 10 Sets 3

Elastic Bicep Curl



With your arm at your side holding an elastic band, draw up your hand by bending at the elbow. Keep your palm face up the entire time.

Reps 10 Sets 3

Elastic Triceps Extension



Start by holding an elastic band across your chest with the unaffected arm. Next, pull the band downward with the other arm so that the elbow moves from bent to straight.

Reps 10 Sets 3

Elastic Wrist Curls



Rest your forearm on your thigh or table, with your palm facing the ceiling. Curl wrist to ceiling.

Reps 10 Sets 3

Elastic Wrist Extension



Rest your forearm on your thigh or table with palm facing floor; raise back of hand to ceiling.

Reps 10 Sets 3

Elastic Ulnar Deviation



While holding an elastic band, bend the top wrist upward as shown. The lower hand should remain still.

Reps 10 Sets 3

Elastic Radial Deviation



Rest your forearm on your thigh or table, with thumb pointed toward ceiling. Cock wrist back and forth.

Reps 10 Sets 3

Pronation/Supination



Slowly lower a hammer towards the inside and then outside of the body as shown.

Reps 10 Sets 3

For questions please call Dr. Melander at (636) 62-SPORT