

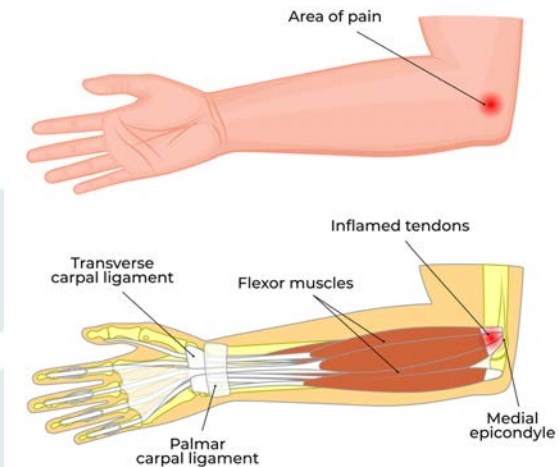
PATIENT
INFORMATION
LEAFLET

Golfers Elbow (Medial Epicondylitis)

Airedale NHS Foundation Trust
Bradford Teaching Hospitals NHS Foundation Trust
Bradford District and Craven Clinical Commissioning Group

Introduction

Golfers elbow is pain on the inside of the elbow, over or around the medial epicondyle (bony prominence on the inside of the elbow). Although named golfers elbow, it is not unique to people who play golf.



Causes of Golfers Elbow

Golfers elbow is often a result of overuse. It occurs when the tendons in the forearm are strained due to repetitive or strenuous activity. Occasionally, golfers elbow can result following a direct impact to the inside of the elbow. If the muscles and tendons in your forearm are strained, tiny tears and inflammation can develop near the bony lump (medial epicondyle) on the inside of your elbow. You may get it if your

forearm muscles are not used to doing a certain activity, such as gardening or decorating. However, even if you use your forearm muscles frequently, you can still injure them.

Symptoms of Golfers Elbow

For most people with golfers elbow, the pain only occurs when they use their forearm and wrist, particularly for clenching or twisting movements such as turning a door handle or opening a jar. However, for some people the pain is constant; it occurs at rest and can affect their sleep. The pain may travel down your arm from your elbow towards your wrist. You may find it difficult to hold items such as a knife or fork, a cup or a pen, or to straighten your arm fully. Some people also notice a stiffness in the affected arm.

Diagnosis of Golfers Elbow

Golfers elbow is diagnosed with a thorough history and examination. Scans are not often helpful when making the diagnosis of golfers elbow.

Self Management of Golfers Elbow

Rest

Limit hand movements that aggravate your pain. It is important to allow time for your symptoms to settle.

Bracing

Elbow braces can be used. Bracing aims to offload the area giving your elbow chance to heal. Braces can be purchased off the shelf and online.

Painkillers

Various over the counter pain killers are available for the management of pain. These can be in the form of tablets or gels. If you have any questions your local pharmacy will be able to advise about what is safe.

Physiotherapy

Stretching and strengthening exercises can be used both to treat the initial flare as well as to reduce the risk of relapse.

Exercises for Golfers Elbow

Exercise 1: Wrist Flexor Stretch



- Place your palm on a wall, keeping your arm straight
- Gently put weight through your palm.
- You should feel a stretch at the elbow

Exercise 2: Resisted Wrist Flexion



- Place your forearm on a hard surface
- Hold a weighted object such as a water bottle
- Gently lower the water bottle until your wrist is fully extended.
- At this point, using your opposite hand, help your wrist back up.