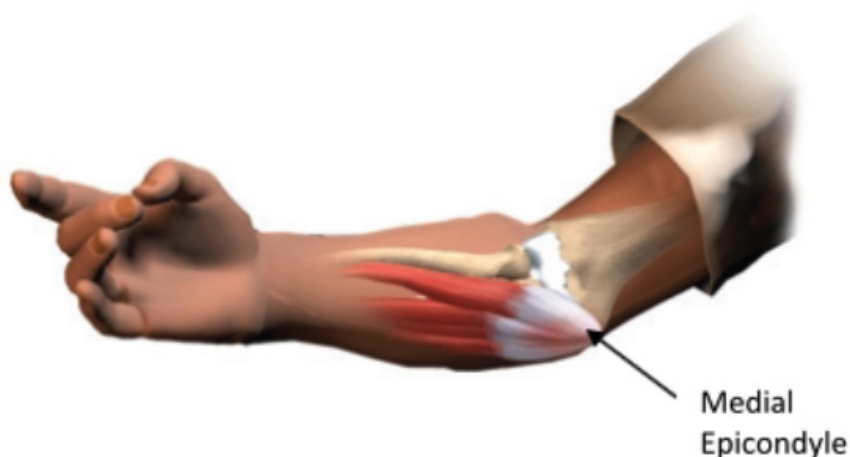


Golfers Elbow

The aim of this leaflet is to give you some understanding of the problems you have with your elbow and to provide some advice on how to manage this. It is not a substitute for professional health care advice and should be used along with information you may be given by your GP or AHP.

What is golfers elbow?

It is pain on the inner side of the elbow. The elbow has bony bumps on the inside and outside, golfers elbow is when the tendon at the inside bump becomes irritated. These bumps are called epicondyles, which is why it is sometimes called Medial Epicondylitis.



Causes

This problem is thought to be caused by overuse of the muscles in the forearm that curl the wrist and fingers. Sudden increases in activity or repeated strain can lead to an increase in pain in the medial elbow.

Symptoms

The main symptoms are pain and tenderness on the inside of the elbow. These symptoms can be intermittent or constant.

Diagnosis

The main way that golfers elbow is diagnosed is through what you tell us and by examining your arm. Other investigations may be considered, these can be discussed with your health care professional.

What are your treatment options?

The aim is to reduce the stress on the tendons so that your body can try to heal the area.

Self help

Pain relief medication or anti-inflammatories can help. It is recommended that you take your medication regularly. It is best to get advice from a GP or pharmacist.

Ice packs can be useful to reduce pain.

A brace or 'epicondylar clasp' may help. These are available from pharmacists or over the internet.

The main treatment that has been shown to be effective in treating these problems is a specific strengthening and stretching program. Alongside this, modifying your activities may help such as adjusting wrist position when typing on a keyboard.

Try these exercises. They should be relatively comfortable to do. If you have pain on a specific exercise that does not settle quickly, you should stop that exercise.

Exercise 1

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. Hold for 20 seconds. Repeat 4 times. Do this 3 times per day.



Exercise 2

Sit or stand. Support your forearm on a table with your palm facing up. Hold a small weight in your hand.

Bend your wrist up towards you. Slowly lower your hand down. Do 3 sets of 12, once a day.



Corticosteroid Injection

A corticosteroid injection may help ease the pain. This can be discussed with your health care professional.

Surgery

Surgery is rarely required. However, it may be offered if you have had severe pain for a long time, which has not responded to other treatments.

Try to stay positive. There is a lot you can do to help yourself. Most symptoms do settle with time.