

FURTHER INFORMATION

Below are the telephone numbers for the Community Outpatient Physiotherapy departments. Please call your local department for any further information/guidance.

<http://www.shoulderdoc.co.uk/article.asp?article=431>

<http://www.patient.co.uk/doctor/Tennis-and-Golfer's-Elbow.htm>

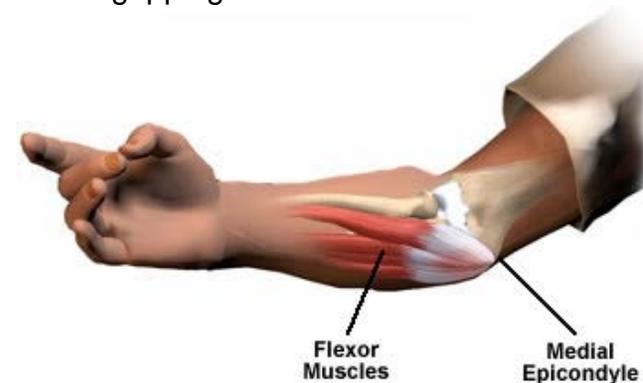
<http://www.thestretchinghandbook.com/archives/golfers-elbow.php>

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GOLFER'S ELBOW **PATIENT INFORMATION**

What is Golfer's elbow?

Golfer's elbow, sometimes referred to as medial epicondylitis, is a condition that results in pain around the inside of the elbow (over the medial epicondyle). This is often due to repetitive stress or overuse of the forearm muscles that bend and twist the wrist. It may be caused by daily activities or sports which involve lots of gripping.



Common symptoms

- Pain and tenderness on the inside of your elbow.
- Pain can also spread into the upper/lower arm.
- Weakness of the forearm, particularly with activities which involve gripping.
- Difficulty in fully straightening your arm.

How long will it last?

In most cases golfer's elbow will gradually improve, but the recovery time can vary from weeks to months.

What can I do to help myself?

Activity - Continue your normal daily activities but do try to avoid any activities that aggravate your symptoms such as heavy lifting. Try and take regular breaks from activity.

Medication – If you have been prescribed pain relief take this at regular intervals. Anti-inflammatories may also help to reduce the inflammation of the affected area. Your GP can advise you on this.

Ice – Try applying cold to the area for approximately 10 minutes several times a day. Wrap ice in a towel before using.

Brace – In some cases an elbow brace or strap may help. Your Physiotherapist or GP will be able to advise you.

Exercises – Try the following exercises. If your symptoms worsen on doing the exercises then stop and ask the advice of your GP or Physiotherapist.

1) Stretch



Place palm flat on table with fingers pointing back towards the body. Straighten elbow until you feel a stretch in your forearm.

Hold for 30 seconds. Repeat 3 times.

2) Eccentric strengthening exercise

Start position



Finish position



Rest your affected forearm on a table so your hand hangs over the edge, palm facing the ceiling. Hold a small weight in your hand. Slowly lower the hand down towards the floor as far as you can go. Then use the non-affected arm to lift the hand back up to the start position.

Repeat 10 times. Do 3 sets. Slowly increase the weight you use as the arm gets stronger.

Try applying ice to your elbow after completing the exercises.

Other treatments that may be offered

- You may be referred to a Physiotherapist, who might use taping, acupuncture or alternative exercises appropriate for your individual case.
- If sport or occupation is contributing to your symptoms, you may need an assessment of your technique to help prevent recurrence.
- If pain is difficult to settle, a steroid injection might be considered. In some cases you may be referred to an Orthopaedic surgeon, but this is rarely necessary.