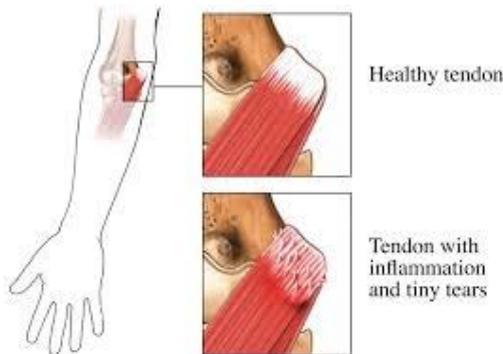


GOLFERS ELBOW

Golfers elbow or medial epicondylitis is one of the common causes of elbow pain. It is an overuse injury seen commonly in golfers but also suffered by tennis players who hit a lot of top spin on their forehand shot.



The muscles that work to produce wrist and finger flexion all attach at a common origin at the medial epicondyle (bony prominence) on the inside of the elbow. During certain activities, such as gripping & twisting, repetitive tension is placed through this group of muscles. If this constant strain is excessive the tendons can become overloaded, inflamed and painful. In the older sports person the tendons can also begin to show signs of degenerative wear and tear.

SIGNS & SYMPTOMS

- Tenderness over the medial (inside) of the elbow which can radiate into the forearm.
- Pain on resisted wrist flexion and forearm pronation (rotation of the forearm)
- Pain on passive wrist extension as this places stretch through the tight group of muscles
- Pain may be aggravated by gripping activities.

DIAGNOSIS: A physiotherapist should be able to make an accurate diagnosis from your clinical history and examination.

In cases where your condition does not respond to appropriate treatment further investigation such as an ultrasound may be warranted.

TREATMENT: In most acute cases golfers elbow can be successfully treated or managed with conservative methods. Physiotherapy treatments would include:

- **Soft tissue massage:** to the forearm muscles which are tight and overworked.
- **Dry Needling** to release tight bands of muscles in the forearm. Also useful for encouraging blood flow and healing.
- **Ice:** to assist with controlling inflammation (Particularly for acute cases)
- **Electro-physical therapy** to assist with reducing inflammation and encouraging blood flow to the area which induces healing.
- **Advice** regarding bracing, rest, lifestyle modifications and anti-inflammatory medications.
- **Exercise Prescription:** The appropriate strengthening and stretching exercises will be prescribed throughout your recovery.

In most cases golfers elbow will respond to conservative treatment, however bear in mind that due to the 'degenerative' component of this condition it can take 6-8 months to resolve. If symptoms do not settle there are aggressive methods such as cortisone or platelet injections may be discussed.

Ross and Emma specialise in the treatment of sports and musculoskeletal injuries. If you would like to make an appointment please contact us on **9328 3822**.

