

# Golfer's Elbow (Medial Epicondylitis)

## What is it?

A common repetitive stress injury. Repetitive stress/overuse of the flexor muscles and tendons of the forearm and wrist when it is bent down, towards the palm

## How to Treat it

Avoidance of activities causing repetitive stress to the elbow. RICER for 48-72 hours. Anti-inflammatories and analgesics

## Symptoms

Tenderness, pain, inflammation on the inside of the elbow which worsens when wrist is flexed. Pain resulting from lifting or grasping objects. Difficulty extending the forearm due to inflammation

## Top Tips

Rest and ice as soon as possible. Seek medical advice about prescription anti-inflammatories if pain is moderate to severe.

## What causes it?

Forceful and/or repetitive bending of the fingers and wrist causing small ruptures in the muscle and tendon on the inside of the elbow. Repeated stress placed on arm and wrist. Sudden blow to the elbow. Underlying health issues including neck problems, rheumatism, arthritis or gout



## Rehab

Rest. Proper technique. After healing, resistive exercises to help improve strength.

## Definitions

**Flexor muscles** – group of muscles in front of forearm, used to flex your wrist or rotate forearm and palm downwards

**Tendon** – a tough band of inflexible, inelastic, fibrous connective tissue, which connects muscle to bone. Can withstand tension

**Rupture** – a partial or complete tear of a muscle, tendon, ligament or organ

**Flexion** – decreasing the distance between two body parts

**RICER** – rest, ice, compress, elevate, refer

## Associated Conditions

- Elbow Strain
- Triceps Brachii Tendon Rupture
- Tennis Elbow (Lateral Epicondylitis)
- Thrower's Elbow
- Elbow Bursitis (Olecranon Bursitis)

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