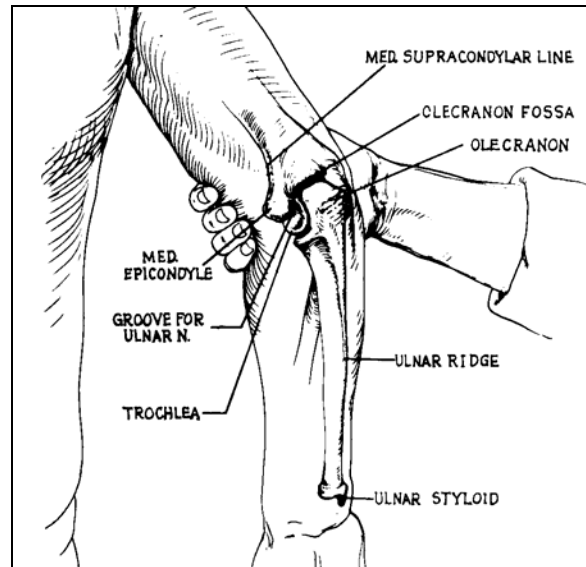


GOLFER'S ELBOW

MEDIAL EPICONDYLITIS



WHAT IS IT ???

- inflammation (ITIS) of the wrist and finger tendons that attach to the bone at the inside of the elbow (MEDIAL EPICONDYLE)

HOW DO THE MUSCLES AND TENDONS WORK ???

- flex the wrist and fingers to grasp or make a fist
- turn forearm down (pronate)

WHAT HURTS ???

- tender medial epicondyle (near the funny bone), may have diffuse discomfort down the forearm and into the fingers
- pain on grasping, squeezing e.g. golf grip, tennis racquet, shaking hands, steering car, carrying briefcase, writing
- pain lifting objects
- pain when bending and straightening elbow, and when rotating forearm
 - ⇒ early stage: pain after play
 - ⇒ middle stage: pain during play
 - ⇒ late stage: pain at rest, at night
 - ⇒ pain is NOT limited to golfers!!!

WHAT SHOWS UP ON X-RAY ???

- usually nothing
- calcium deposit in advanced stage only occasionally
- carrying angle (angle between upper arm and forearm normally 5-20 degrees) measurement

WHAT CAUSES IT ???

- overuse, sport or daily activity related
- weak grip strength
- improper technique of swing or stroke
- equipment error - grip size or weight of club or racquet
- direct trauma
- cervical spine nerve pinching or adverse tension
- untreated past injury of the upper extremity or fracture
- elbow hyperextension, "double jointed"
- carrying angle > 20 degrees

WHY DOES IT HURT ???

- muscle and tendon overexertion causes pulling of tendon from bone
- microtearing of tendon, haemorrhage, inflammation, scarring, degeneration and shortening of the tendon
- becomes easier and easier to tear, unless treated
- poor nutrition from the nerve to the medial epicondyle also causes tendon degeneration and pain

WHAT DO I DO ???

- rest from painful activities
- analyze cause, address biomechanical causes with appropriate mobilizing and stretching of shortened structures and strengthening of supportive structures as outlined by your physiotherapist

NO TWO PEOPLE ARE ALIKE ** NO TWO EXERCISE PROGRAMS ARE ALIKE

- correct equipment errors
- correct style errors
- compressive bracing prevents tendon pulling from bone and absorbs vibration
- ice cube massage, 10 minutes, three times a day
- deep transverse friction massage breaks down scarring, relieves pain, and assists tendon healing
- anti-inflammatory medication if necessary prescribed by your physician
- therapeutic modalities: ULTRASOUND, INTERFERENTIAL CURRENT
- cortisone injection (only as required in few cases)

HOW DO I PREVENT IT ???

- avoid overuse by gradually increasing in intensity and frequency of play/activity
- avoid technique and equipment errors
- maintain flexibility and strength of forearm muscles
- maintain mobility of potentially restrictive structures
- many cases should be able to return to activity without a brace, a brace may be used on initial stages of returning to the aggravating activity

WHAT ELSE CAUSES PAIN IN THIS AREA ???

- joints of the lower cervical and upper thoracic spine

- muscles from the shoulder
- elbow ligaments
- stress fracture
- adverse neural tension in the upper extremity
- periostitis (bone inflammation)
- systemic medical disorder such as rheumatoid arthritis

MANUAL THERAPY BASES TREATMENT ON THE CLINICAL PROFILE OF
DYSFUNCTION

IT IS A PLANNED, LOGICAL, SAFE, AND EFFECTIVE APPROACH

AT THE CENTRE FOR MANUAL PHYSIOTHERAPY
WE FEEL THIS IS WHAT OUR PATIENTS DESERVE

YOUR PHYSIOTHERAPIST CAN HELP YOU WITH THE REST...

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