

Symptoms

Medial Epicondylitis results in **pain and tenderness** at the inside of the elbow. This can become worse when gripping or performing any activity, which involves bending, or turning the wrist. Occasionally the pain spreads through the entire forearm, making it painful to fully extend the elbow.

Treatment

The best form of treatment is prevention. **Stretching and Strengthening Exercises** for the wrist, elbow and shoulder are important preventative measures.

If you begin to have symptoms, the first line of defense is **rest**. If possible try to avoid the activity causing the pain. **Ice** and **anti-inflammatory medications** such as ibuprophen help relieve symptoms. The most effective method of icing is an ice massage. Simply freeze water in a paper cup, tear off the top inch, and rub directly on the area for 3 to 5 minutes.



Manual Physical Therapy

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Sports Medicine, LLC

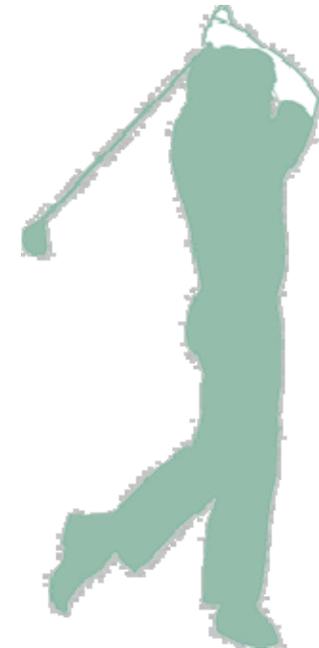
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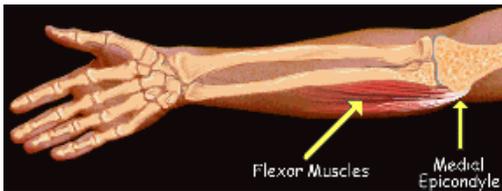
Golfer's Elbow

(MEDIAL EPICONDYLITIS)



What Is Medial Epicondylitis ?

Medial Epicondylitis, also known as **Golfer's Elbow** because of its frequent occurrence in golfers, is an inflammation of the tendons (tendonitis) which attach to the bone on the inside of the elbow. This site is known as the "funny bone", but its medical name is the medial epicondyle.



What Are The Causes??

Medial Epicondylitis is a result of the overuse of the flexor muscles, which flex your wrist and hand. Excessive force used during a golf swing, can result in pain, but other possible causes include:

- Excessive force during a tennis serve
- Incorrect size of tennis racquet
- Incorrect technique while pitching
- Chopping wood with an axe
- Operating a chain saw
- Prolonged use of other hand tools which require gripping, bending or turning the hand

A **compression band** at the elbow can also be worn to provide support around the tendons.



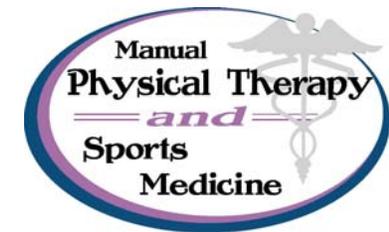
Physical Therapy

If symptoms continue, then physical therapy treatment is recommended. Modalities such as **ultrasound**, **iontophoresis**, and **electrical stimulation** are used to help decrease inflammation and promote healing. **Massage** will decrease adhesions that may occur in the tendon or muscles. Massage also increases blood flow to improve the health of the surrounding tissues. Once pain is resolved **Therapeutic exercises** will help strengthen the muscles to prevent future strain. **Education** on proper techniques for gripping and other **body mechanics** will help to prevent re-injury.

Occasionally a physician may give a series of **cortisone injections** to the inflamed tendons of the elbow. If symptoms are not relieved after 9-12 months, **surgery** may be done to release the tendons, and remove any scars or bone spurs that may have developed.

Surgery usually occurs as an outpatient, and involves a 3-4 inch incision over the medial epicondyle. Post-operative care involves wearing an elbow splint for 7-10 days, and physical therapy treatment. Full recovery usually takes 3-4 months.

For More Information Call



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