

“

THIS INJURY IS MUCH  
LESS COMMON THAN  
TENNIS ELBOW, BUT IT  
STILL DESERVES A  
PAMPHLET.

”



## Contact us

Let us help with your golfer's  
elbow.

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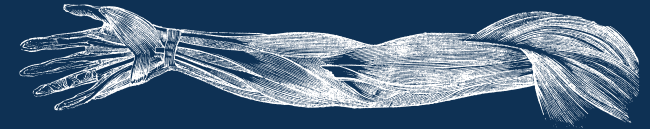
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## Medial Epicondylitis (Golfer's Elbow)

Do you notice pain on the inside of  
your elbow and forearm?  
Epicondylitis refers to painful  
inflammation of tendons  
surrounding your elbow. Contrary to  
the name, 90-95% of these injuries  
do not involve sport.

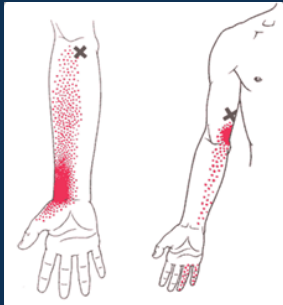
# ABOUT MEDIAL EPICONDYLITIS

## HISTORY

- Chronic repetitive muscle/tendon loading.
- This would involve positions where you use your wrist flexors.
- Occupations such as carpentry and plumbing.
- Sports such as baseball pitchers, bowling, weightlifting.

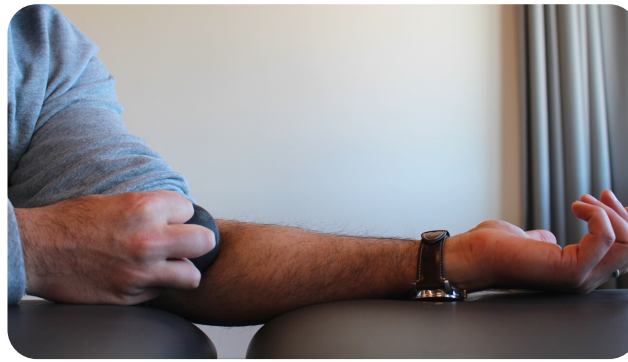
## SIGNS & SYMPTOMS

- Pain along inside of the elbow and forearm.
- Can radiate into wrist and fingers.
- Painful to the touch in the areas below.
- Stiffness and weakness of the hand/wrist.
- Numbness and tingling into your ring and little finger.
- Decreased grip strength.



## ANATOMY

This condition involves the inflammation of the wrist flexor tendons that originate on the medial epicondyle of the humerus. Repetitive contractions can put excessive demands on these tendons, which causes inflammation and the resulting symptoms.



## 1) Pain Management

Use **Myofascial Self-Release** to target areas of tightness around the elbow and forearm. Using a hard ball, press into areas of tightness and hold until the muscle releases (pain dissipates). Move onto the next sore spot, and repeat as needed.

**If symptoms persist, be sure to follow up with a physiotherapist.**



## 3) Strength

Perform **wrist flexor strengthening** by sitting and resting your forearm on your thigh with your palm facing upward. Holding a light weight, slowly curl your hand upwards, and then slowly return it to the starting position. Repeat 10 times for 3 sets, keeping the forearm in contact with the thigh.



## 2) Mobility

The **wrist flexor stretch** begins by extending your arm straight out with the palm facing away from you. Slowly bend the hand backward as far as you can, and use your other hand to gently pull the hand back further until you feel a stretch. Hold the stretch for 10 seconds, repeating 3 times.



## 4) Functional/Sport

Once pain is managed and mobility and strength are improved, you can return to activity and sport.

**Pushups** can be performed from your feet or knees with your hands in line with your shoulders.

Slowly move your body forward in a pushup position until you are just above the ground, and then push yourself back up. Perform these until fatigue for 3 sets.