

ABOUT MEDIAL EPICONDYLITIS

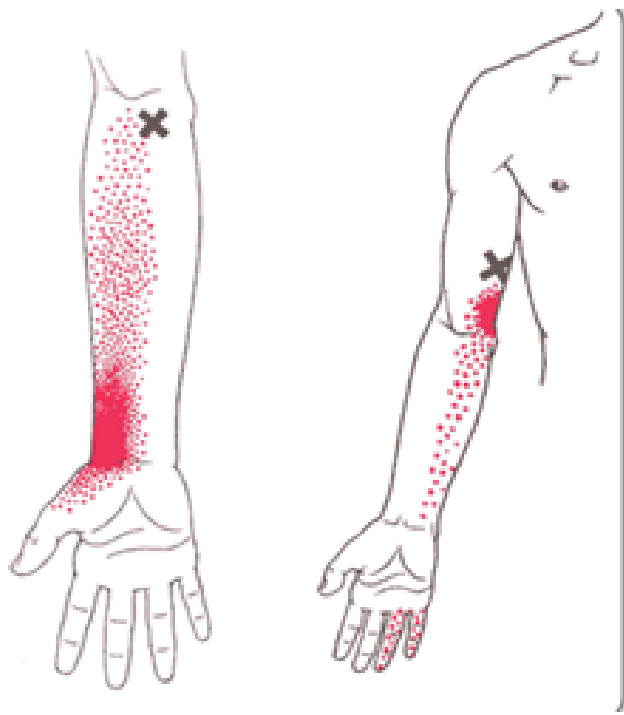
HISTORY

Causes of injury include:

- 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. Repetitive contractions can put excessive demands on these tendons, which causes inflammation.



Contact us

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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.



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.



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.



4) Functional/Sport

Once pain is managed and mobility and strength are improved, you can return to activity. **Pushups** can be performed from your feet or knees with your hands in line with your shoulders. 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.

