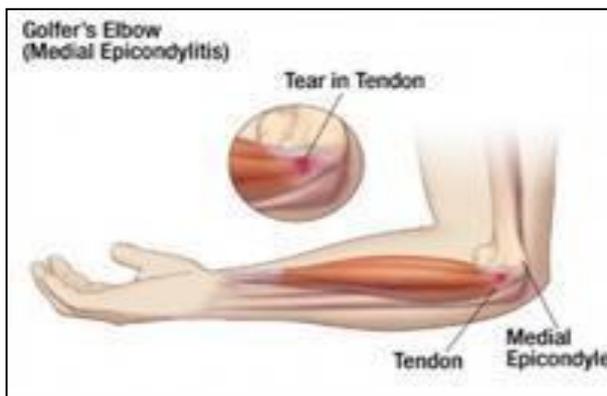


GOLFER'S ELBOW

Golfers elbow is a common condition presented with pain and tenderness on the inside of the elbow. It is similar to tennis elbow but the difference between the two is the location of the pain.

It usually caused by a strain on the tendons that attach the muscles of the wrist and fingers to the bone on the inside of the elbow. Therefore this can affect both men and women equally; most common in people between the age of 30 and 50 years old.

Overuse or repeated movements of the forearm and wrist and unusual increase or change in your activity are some of the common contributing factors. Golfers elbow can also result from a single violent trauma i.e. a direct injury from a fall or sudden blow to the elbow. Golfer's elbow can take three to six months to recover and restore your functional activities.



Symptoms:

- Pain – Golfers elbow leads to pain and tenderness located on the inside of the elbow. This pain can be made worse by bending the elbow or gripping objects. Pain can be an ache over the elbow and/or a shooting pain towards the hand.
- Stiffness – Your elbow may become stiff and your movement may be reduced
- Weakness – You may experience weakness in your wrist or reduced grip strength.

Diagnosis and Treatment:

Through your symptoms, history and clinical examination, your doctor or physiotherapist will be able to diagnose Golfer's elbow. Your GP or physiotherapist will refer you for further investigation if required.

- **Lifestyle Modification** – Avoid heavy lifting, forceful gripping or twisting actions that may aggravate symptoms. Resting from activities that bring on pain can help to reduce pain levels and promote the healing process. If you are involved in an activity using repetitive movements, such as a typing, or if your profession requires repetitive manual handling activities, have a look at your workstation and consider work activities modification where possible. You may need to talk to your employer.
- **Golfer's elbow strap** - These can be worn on your forearm to reduce stress. Please seek advice from your physiotherapist on possible use of strap.
- **Pain relief** - As pain can stop the muscles working properly and can make this condition last longer. Anti-inflammatory medications are often used to control pain and inflammation. Speak to your pharmacist or GP for further advice.
- **Ice packs or heat packs** - To control pain you can apply ice packs wrapped in towel or heat packs at your forearm/elbow for 15-20 minutes 2-3 times a day.
- **Cortisone injections** – If other methods fail, a steroid (cortisone) injection may relieve symptoms, your doctor/ physiotherapist will be able to refer you for the injection if deemed necessary.
- **Physiotherapy** has been shown to be helpful in the treatment of golfers elbow. The idea of completing exercises is to recondition the muscles/tendons that have been affected.

Exercise considerations:

- Do all the exercises within pain free limits, stretch pain is common with exercises and that should ease off within 30 minutes-1 hour after having done the exercises
- Post exercise soreness is quite common and could be felt up to 48 hours after having done the exercise regime. This should get better as you continue with the regime over time
- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapist.