



Golf & Tennis Elbow

Medial Epicondylitis: This is a term used to describe tendinosis* at the common medial flexor origin (bone on inside of elbow). Patients will present with pain on the inside of their elbow that is worse with gripping, batting, hitting, throwing and turning their palm downward (pronation).

Lateral Epicondylitis: This is a term used to describe tendinosis at the common lateral extension origin (bone on the outside of the elbow). This is by far the most common overuse injury to the elbow. Patients will present with pain on the outside of their elbow and often have problems with gripping, lifting a cup, lifting a milk carton, shaking hands and typing.

TREATMENT:

Treatment is typically non-operative, including rest, anti-inflammatory modalities with a gradual return to stretching and strengthening. It is reported that 95% of patients with lateral epicondylitis will respond to physical therapy (conservative therapy).

Conservative therapy consist of the following:

Ice or Heat, Non-Steroidal Anti-Inflammatory Modalities, Physical Therapist manual therapy including frictions to the tendon, soft tissue techniques to the muscles, and therapeutic UltraSound and Electrical Stimulation. Stretching and strengthening to be introduced at the appropriate time of healing to ensure treatment success.

When tendinosis is present (degenerative changes are the cause of pain and visible swelling is not present) near the elbow complex the treatment is targeted at increasing circulation to promote collagen synthesis. When tendinitis is present (visible swelling is a present) near the elbow complex the treatment is targeted at reducing inflammation and pain.

Notes:

1- Wrist extensors stretching - Repetition:3 / Hold:30



Extend one arm out in front with the elbow straight.
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
Turn wrist towards the small finger to increase the stretch.

2- Wrist flexors stretch - Repetition:3 / Hold:30



Sit up straight and look directly ahead of you.
Use one hand to spread apart and straighten the fingers of the other hand and then stretch your wrist back gently as far as you can.
Relax your hands.
Apply the pressure through the tips of the fingers and be sure to include the thumb. Do not apply pressure to the palm of the hand.

3- Supinators stretch - Repetition:3 / Hold:30



Bend one elbow and place it next to your body.
Keep the palm facing down on the stretched arm.
Place the other hand above your wrist.
Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm.
Hold this position and then repeat.

4- Prehension with ball - Sets:2 / Repetition:10 / Hold:10



Hold a small ball in your hand and squeeze it as hard as you can.
Release the ball slowly.
If your hand is swollen, squeeze and release the ball quickly as in a pumping motion.