



Golfers Elbow



What is Golfer's Elbow?

Golfers Elbow is an over use injury causing pain, tenderness and even stiffness to the tendon that sits on the medial side (inside) of your elbow. This is particularly felt when gripping with the hand and bending the palm downwards against resistance or rotating or twisting your wrist inwards.

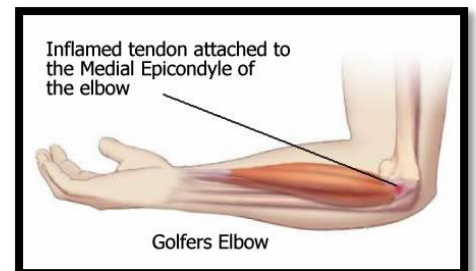
The damage to the tendon is related to excess/repeated loading that occurs through activities such as golf, racket sports, weight training or even activities that require repeated bending and straightening of the elbow such as painting, hammering or even computer use. A poor warm-up and poor conditioning can also contribute to Golfer's Elbow.

How can we prevent Golfer's Elbow?

You can take steps to prevent Golfer's Elbow:

- Strengthen your forearm muscles. This can be done through concentric and eccentric exercise.
- Stretch before activity. Warm up the muscles you will use during your activity or job.
- Fix your form. Whatever your sport, ask an instructor to check your form to avoid overload on muscles
- Use the right equipment. If you're using older golf irons, consider upgrading to lighter graphite clubs. If you play tennis, a racket with small grip or a heavy head may increase the risk of elbow problems.

- Lift properly. When lifting anything, including free weights, keep your wrists rigid and stable to reduce force to your elbow.
- Know when to rest. Try not to overuse your elbow. At the first sign of elbow pain, take a break.



How can we treat Golfer's Elbow?

There are many ways to treat Golfer's Elbow:

- Pain Management
- Stretching/strengthening
- Sports Massage
- Electrotherapy
- Taping
- Complex
- Shockwave Therapy

Golfer's Elbow Rehabilitation

A full treatment and rehabilitation program is important for successful recovery and prevention of Golfers Elbow.

To maximize the chance of successful rehabilitation it is important to apply as many treatment approaches as you can. There is unlikely to be one single cure and different people will respond differently to certain treatments.

Aims of rehabilitation

- Reduce pain and inflammation.
- Identify possible causes of injury.
- Stretching and strengthening.
- Gradual return to activity.

It is important throughout the rehabilitation process to maintain fitness in ways that do not stress the elbow such as cycling or running so long as it is not painful.

Stretching should begin as soon as possible, gently at first and continue throughout the rehabilitation process and after. [Stretches for the wrist flexor muscles](#) are most important.

Wrist flexor stretch

Stretching the wrist flexor muscles can be difficult but using a wall to apply pressure and increase the range of motion can be very effective. Make sure you keep the elbow straight.



- Stand facing a wall with your arms outstretched and palms facing up.
- Place your fingers on the wall pointing downwards.
- Slowly try to place your whole hand flat on the wall by extending the wrist.
- Hold for between 10 and 30 seconds

Strengthening exercises

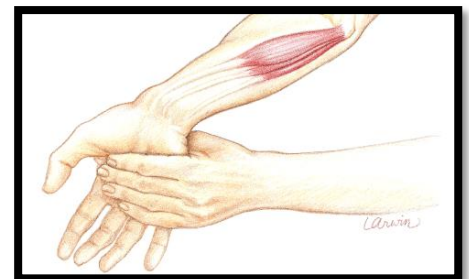
Strengthening should begin as soon as pain allows, and this will depend on how bad the injury is. If it hurts during the exercise, after or makes it worse the next day then do not do strengthening exercises. Be patient.

Start with static exercises. When these can be done comfortably without any pain then move onto concentric

and eccentric exercises, particularly for the wrist flexor muscles. It is important that strengthening exercises are done before trying to return to activity so the load through the tendon is gradually increased. Apply cold therapy after strengthening exercises.

Example of static strengthening exercise – wrist flexors

Static exercises should be done first before moving onto exercises which involve movement



- Rest the forearm on a flat surface such as a table with the palm facing up
- Start with the wrist in an extended position (fingers pointing down)
- Use the other hand to resist as you attempt to flex the wrist. There shouldn't be any movement at the wrist.
- Hold contraction for about 5-10 secs then rest.
- Gradually increase the duration of contraction.