

GOLFERS' ELBOW - Information for Patients

What is Golfer's Elbow?

Golfer's elbow is pain on the inside of the elbow.

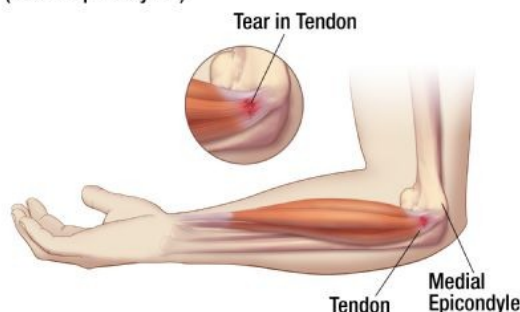
The medical name for golfer's elbow is medial epicondylitis. The medial epicondyle is the bony bit you can feel on the inside of your elbow (your funny bone).

The tendons of the muscles that run down the front of your arm and into your hand (flexor muscles) start from the medial epicondyle.

What causes Golfer's Elbow?

It is usually caused by overuse of the flexor muscles with repetitive movements and movements against resistance.

Golfer's Elbow
(Medial Epicondylitis)



Overuse of the flexor muscles can cause micro-trauma to the tendon. This results in inflammation of the tendon. Although this is painful it does not cause long-lasting damage.

Signs and Symptoms of Golfer's Elbow:

- The medial epicondyle will usually be tender to touch and it may also be a little swollen. The pain may spread a little way down your forearm.
- The pain is made worse with gripping and twisting movements, e.g. opening jars, turning a door handle, lifting. Sometimes the pain can be constant.
- Golfer's elbow is more likely to be caused if you suddenly do a lot of activity that you are not used to. However it can also start for no apparent reason.
- Different people will experience varying degrees of pain, ranging from mild discomfort when using the arm to a severe ache.
- Repeated movements of the wrist and hand will make the pain worse.

How long will it last?

This is difficult to say and will largely depend on how long you have had it for and whether you are able to avoid doing the things that are making it worse (see overleaf for treatments). It is likely to take some week, possibly months to fully resolve.