

Golfers Elbow Exercises

What is Golfers Elbow?

Golfers elbow causes pain on the inside side of your elbow. The medical term for golfers elbow is medial epicondylitis. This is because the pain is felt around the area of the medial epicondyle (the lower, inner, bumpy part of your bone in your elbow).

For most people with golfers elbow, the pain only occurs when they use their forearm and wrist, particularly for clenching or twisting movements such as turning a door handle or opening a jar. However, for some people the pain is constant; it occurs at rest and can affect their sleep. The pain may travel down your arm from your elbow towards your wrist. You may find it difficult to hold items such as a knife or fork, a cup or a pen, or to straighten your arm fully. Some people also notice a stiffness in the affected arm.

Causes

Golfers elbow is often an overuse injury. It occurs when the muscles and tendons in your forearm are strained due to a repetitive or strenuous activity. Golfers elbow can also sometimes occur after banging or knocking your elbow. If the muscles and tendons in your forearm are strained, tiny tears and inflammation can develop near the bony lump (medial epicondyle) on the inside of your elbow. It is not limited to only people who play golf. You may get it if your forearm muscles are not used to doing a certain activity, such as gardening or decorating. However, even if you use your forearm muscles frequently, you can still injure them.

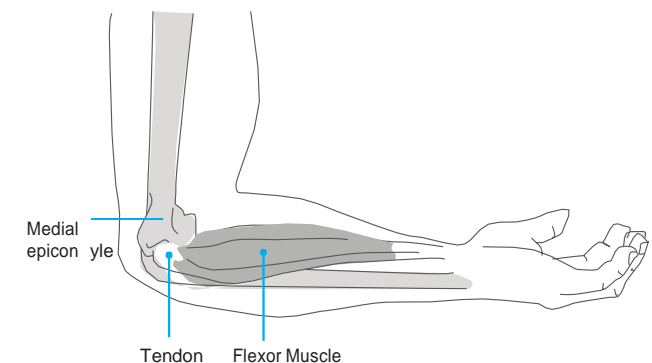
Self care advice

There are some measures you can take to help prevent golfers elbow developing or recurring:

- If you have golfers elbow, stop doing the activity that is causing pain, or find an alternative way of doing it that does not place as much stress on your elbow.
- Avoid using your wrist and elbow more than the rest of your arm. Spread the load

to the larger muscles of your shoulder and upper arm.

- If you play a sport that involves repetitive movements, getting some coaching advice to help improve your technique may help you avoid getting golfers elbow.
- Before doing activity that involves repetitive arm movements, warm up properly and gently stretch your arm muscles to help avoid injury.
- Use lightweight tools and enlarge their grip size to help you avoid putting excess strain on your tendons.
- Increasing the strength of your forearm muscles will help to prevent golfers elbow.

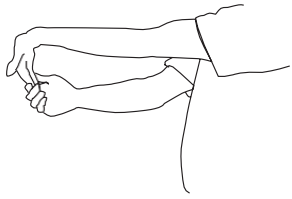


Exercises for Golfers Elbow

This programme needs to be completed for at least three months

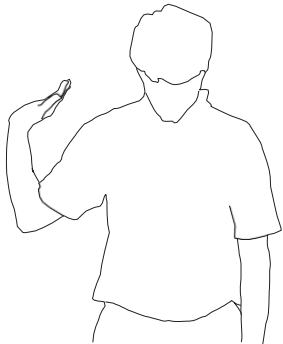
Stretching Exercises

Hold all the stretches for **20 seconds** and repeat them **three times**.



1. Wrist extension stretch

Take position as shown to the left. Palm facing towards the ceiling. Keep your elbow straight. Slowly use your other hand to stretch your wrist into extension. You should feel a stretch in the muscle bulk on your inner forearm.

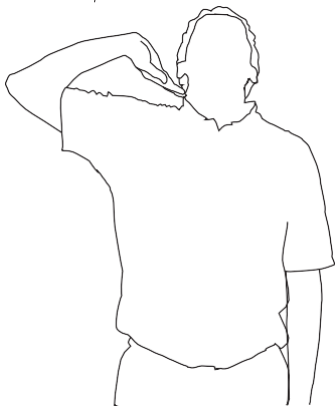


2. Ulnar nerve slider

Adopt the start position in the picture to the left. Gently take your palm towards your ear.

At the same time look up towards the ceiling. You should finish in the picture below and left. Repeat this movement 30 times rather than

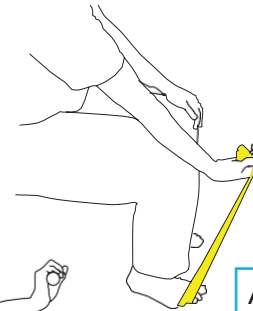
holding the position.



Strengthening Exercises



Active wrist flexion and extension Red T.B
3 x 25



Active wrist flexion and extension Red T.B
3 x 15

Active wrist flexion and extension yellow T.B
3 x 25

Active wrist flexion and extension yellow T.B
3 x 15



Active wrist flexion and extension (Light weight)
3 x 25

Active wrist flexion and extension (Light weight)
3 x 15

Active wrist flexion and extension
3 x 25

Active wrist flexion and extension
3 x 15

Lowering wrist down only
3 x 25

Lowering wrist down only
3 x 15

Progression Speed

Your physiotherapist will advise you on the speed you should progress your exercise and the level you are aiming towards. Progression is not just about being able to do the exercise but to do it correctly. It should be performed with pain that is tolerable.

It is normal to feel pain with the exercise, this is what we expect. However, if the pain becomes disabling please stop. Resume the strength training