

Stretching Exercises

Stretch your forearm flexor muscles in the positions below, beginning with your elbow bent. When the pain is tolerable, add a gentle stretch with the opposite hand.

Position 1

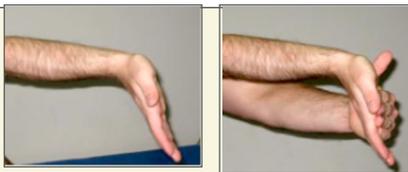


Position 2



Once the stretch is tolerable with your elbow bent, carefully extend your elbow to perform the forearm stretches. Again, add a stretch with the opposite hand when your pain has decreased.

Position 3



Position 4



Hold each forearm stretch for a count of 5

Do ___ repetitions ___ times per day.

Note: If nonsurgical forms of treatment do not eliminate the pain of this condition, surgery may be recommended. Your orthopedic surgeon can advise you on the surgical treatments for Medial epicondylitis and the possible outcomes. Medial epicondylitis is often a nagging or chronic condition that sometimes requires many months for healing to occur.

REFERENCE: COPYRIGHTED, AMERICAN SOCIETY FOR SURGERY OF THE HAND.



Irwin Army Community Hospital

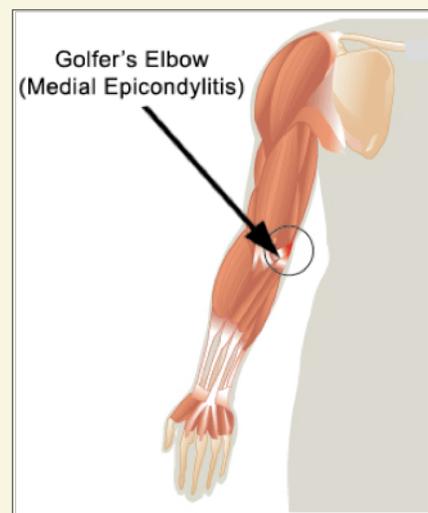
Fort Riley, KS 66442

Occupational Therapy Clinic

Patient Information Handout

MEDIAL EPICONDYLITIS

“GOLFER’S ELBOW”



Irwin Army Community Hospital

Occupational Therapy Service

(785) 239-7863

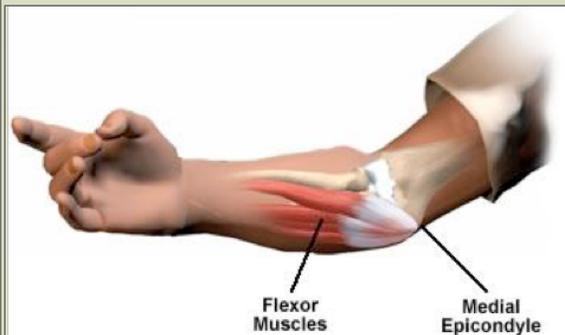
Consult Required



MEDIAL EPICONDYLITIS

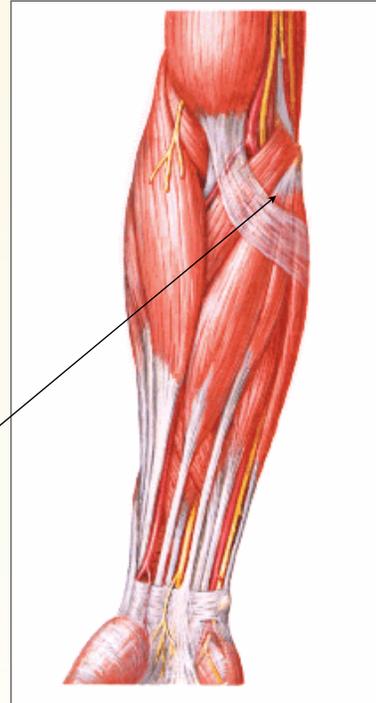
What is it?

Medial epicondylitis, commonly known as “golfer’s elbow,” is an inflammation of the tendon fibers that attach the forearm flexor muscles to the inside of the elbow. These muscles flex the wrist and hand. Pain may be felt where these fibers attach to the bone on the inside of the elbow along the muscles in the forearm. Pain is usually more noticeable during or after stressful use of the arm. In severe cases, lifting and grasping even light objects may be painful. Because people who play golf or other sports sometimes develop this problem from improper playing technique, it has become known as “golfer’s elbow.”



WHAT CAUSES MEDIAL EPICONDYLITIS?

Routine use of the arm or an injury to this area may stress or damage the muscle attachment and cause golfer’s elbow symptoms. Bending the wrist forward (flexion), turning the hand palm side down, and lifting the object with the elbow straight are the more common activities that affect this common tendon.



What are the symptoms?

Symptoms include tenderness and pain at the medial epicondyle. This area is usually tender when touched and may be uncomfortable when gripping. In severe cases, almost any elbow movement can be uncomfortable.

TREATMENT

1. **Splint** the wrist in neutral position. The splint is to be used day and night. A counterforce strap or “tennis elbow” strap is worn to reduce stress on the common flexor tendon may be recommended.



2. Perform **transfiber massage**, a gentle massage of the forearm over the site of pain, across the “grain of tissue.”
3. **Wrist and forearm stretching** exercises followed by gentle active range of motion exercises.
4. **Ice massage** is used in a circular motion following exercise routine to reduce potential swelling.



Perform _____ times per day.

5. **Activity modification** is recommended. Perform all lifting activities with both hands avoiding painful and aggravating movements when possible. Avoid forceful gripping and biceps or wrist curls.