

# FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



## MEDIAL EPICONDYLITIS (GOLFER'S ELBOW)

Golfer's elbow has many medical names. This painful condition on the inside of the elbow can also be called medial elbow tendonitis/tendinosis or medial epicondylitis. By any name, golfer's elbow involves tendons located around the inside of the elbow. These tendons bend the wrist and fingers down, as well as turn the palm down. Repetitive motion can injure the tendons and they may become painful.

### CAUSES

Many patients diagnosed with golfer's elbow have never golfed! Any repeated activity with the palm down and the wrist bent or gripping can strain the tendon at the inside of the elbow. Actions that may make the problem worse include gripping, pulling or lifting. Common activities that may lead to medial epicondylitis can include pitching, golfing, carrying a heavy suitcase, playing a violin or painting. The most common age group with medial epicondylitis is between 20-50 years old, although it can occur at any age.

### SYMPTOMS

Golfer's elbow symptoms include pain and aching in the elbow and/or weakness in the forearm, wrist and hand. Tenderness to touch is found just above or below the bony bump on the inside of the elbow. Patients may also experience tightness in the forearm and difficulty with daily activities.

### TREATMENT

Your hand therapist will advise you on program of rest, rehabilitation and strengthening to overcome medial epicondylitis. This will generally involve custom orthosis fabrication, eccentric strengthening exercises and return to full function. We will work with your doctor to provide complimentary evidence based therapies to ensure a speedy return to what you love.



### HOW CAN WE HELP?

We will assist by finding the cause of the problem, and which activities make the pain worse. We will provide educate on injury prevention and how to adapt painful activities. A custom wrist orthosis (brace) to rest the wrist flexors will generally be fabricated and we will teach stretching and strengthening exercises, as well as use other treatments to help decrease the pain. Therapy goals are to regain motion, function and strength, and a return to pain-free daily life. If surgery cannot be avoided, hand therapy is important to regain motion and strength, as well as return to prior level of activity after the operation.