

Golfers Elbow – How to treat it

Golfers Elbow... What causes it and how do I treat it?

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Cause.....

Medial epicondylitis is commonly known as golfer's elbow. This does not mean that only golfers have this condition but the golf swing is a common cause of medial epicondylitis. Many other repetitive activities can also lead to golfer's elbow: throwing, chopping wood with an axe, running a chain saw, and using many types of hand tools. Any activities that stress the same forearm muscles can cause symptoms of golfer's elbow. The injury can be produced by different actions: forceful curl of the wrist, the pressure from fingertips or the forceful twist of the palm downwards while gripping with the fingers that puts undue stress on the elbow. Golfer's elbow causes pain that starts around the bony knob on the inner side of the elbow, the *medial epicondyle*.

What should I do?

In order to treat Golfers Elbow, rest is crucial in order to allow the injury time to heal and to prevent any further activity which could cause damage or discomfort to the injury. Avoid gripping with palm of the hand facing upwards especially using the fingers for jobs such as pulling up weeds for example.

It is possible to carry on with a normal fitness routine including upper body strength but avoid grip strengthening exercises such as wrist curls.

Forearm strapping or Kinesiology Taping can help with pain and support if done by a professional.

Feel free to ask me for advice or treatment if you are suffering from this issue

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