



Medial Epicondylitis (Golfer's Elbow)

Medial epicondylitis is an irritation and inflammation of the area on the inside of the elbow, where the muscles which bend the wrist start (the medial epicondyle). The irritation may be due to repetitive motions and/or overuse of these muscles- especially those involving eccentric motion, where the muscle is lengthening as it is generating force. This type of pain in the elbow can also originate from the neck.

Treatment will focus on decreasing the inflammation by using modalities, rest and ice as well as on decreasing the irritation by addressing the causative factors. Stretches will normally be given to relax the musculature and decrease the tension on the epicondyle. Exercises will be given to better condition the muscles. A tensor strap may be of benefit during aggravating activities, and ice is essential afterwards.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.

