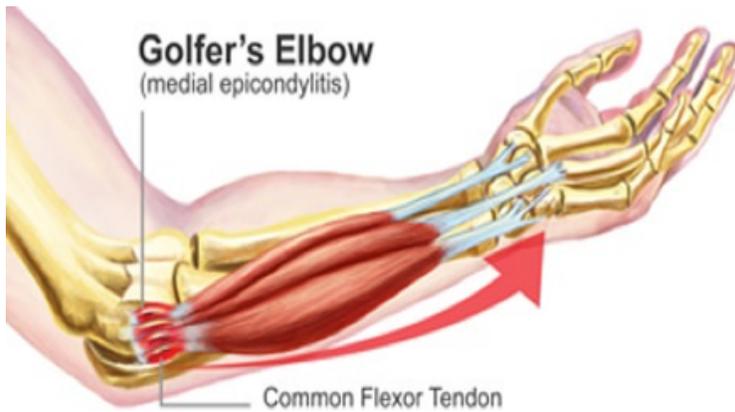




## McFarland Clinic

### MEDIAL EPICONDYLITIS (GOLFER'S ELBOW)



#### WHAT IS IT

- The common flexor tendons connect the inside (medial) aspect of the elbow to the wrist stabilizing the wrist and flexing the wrist.
- Medial Epicondylitis is an inflammation of the common flexor tendons usually caused by excessive stress or repetitive movements.

#### WHAT YOU MAY EXPERIENCE

- Pain is typically most intense on the inside (medial) aspect of the elbow after using the arm repetitively in a throwing or golfing motion.
- Pain is caused by continued tendon irritation that has occurred. If not properly treated it can lead to an elbow bone spur or scar tissue within the tendon.

#### POSSIBLE SOURCES

**WEAK SHOULDER or HAND MUSCLES:** When an athlete is unable to use all muscles in a balanced way, then areas like the common flexor tendon can be overworked.

**TOO MANY REPITIONS:** Most of the time the common flexor tendon is injured, it includes a history of repetitive motions that utilize it over and over.

**EXCESSIVE PHYSICAL LOAD:** Doing repetitive motions with increased weights loading the common flexor tendon can cause increased physical load on the tendon.

**EXCESSIVE SUPINATION or FLEXION:** Motions that increase supination or flexion of the wrist can increase the risk of Medial Epicondylitis. Working with a coach or doing a video analysis to adjust technique may help correct this.

#### QUICK FIX

The 3 S's- Stretching, Strengthening, and Supporting, along with ICE and REST, have been found to be the simplest and most effective for these injuries:

1. Stretching of the wrist flexors by extending the wrist backwards. Hold this stretch for at least 30 seconds and do this twice daily.
2. Strengthening of the wrist flexors by using low weights to do wrist curls over the edge of a table.
3. Supporting the elbow with a counterforce brace below the elbow may relieve some pain or tension within the tendon that is irritated. These can be found at a local drug store or sporting good store.

#### FOLLOW-UP

If these quick fixes do not help resolve your problem, this would be the point where you would consult your medical practitioner. You could start with your Primary Care or Sports Medicine Physician. They may test your elbow, take x-rays, and do other tests to narrow down your diagnosis. Follow up from there may be with your Physical Therapist or Hand Therapist where a combination of manual therapy & specific exercises may help resolve your problem. If damage is significant, you may need to see another provider for your care.



515-239-3410  
515-817-1237 fax



**Sports Medicine**  
1215 Duff Avenue  
Ames, Iowa 50010



McFarlandClinic.com  
MyChart.McFarlandClinic.com

Extraordinary Care, Every Day