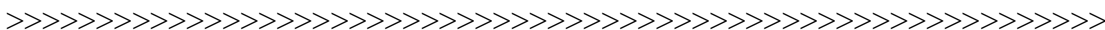


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Golfer's Elbow – Medial Epicondylitis

Golfer's elbow occurs when the tendons that control your wrist movement that originate in your forearm become overloaded and painful due to repetitive stress overuse of the forearm muscles, caused by daily activities or sports which involves gripping movements, originating pain and tenderness on the inside of your elbow.

Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

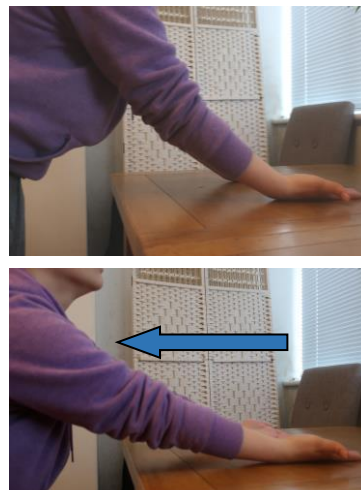
Ice:

Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

Exercises:

Wrist Flexor Stretch

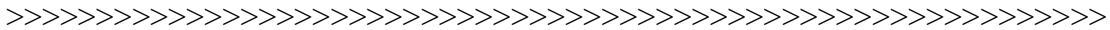
- Place your palm flat on a table with your fingers pointing back towards the body
- Keeping your elbow straight
- Lean forward until you feel a stretch in your forearm
- Hold 20 seconds, 3 repetitions



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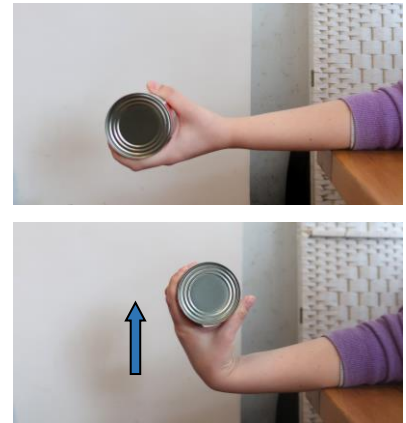


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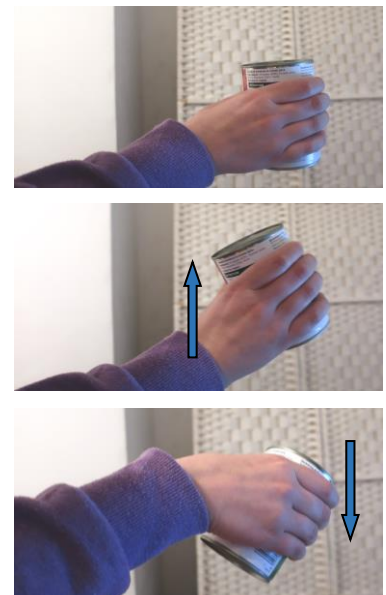
Flexors Strengthening

- With your forearm rested on a table, palm facing up
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Gently raise the weight
- Hold 5 seconds, 10 repetitions, 2 sets



Handshake Stretch

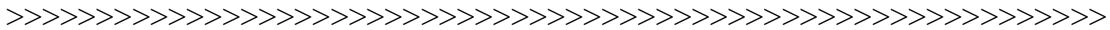
- With thumb pointing up
- Hold a light weight 1/1.5 Kg or a can of beans
- Imagine you are going to shake hands with someone
- Move the weight up, hold 2 seconds and slowly down
- Keep your arm still and only move your wrist
- 10 repetitions, 2 sets



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Wrist rotations



- With thumb pointing up
- Hold a light weight 1/1.5 Kg or a can of beans
- Turn the wrist inward as far as possible
- Hold 2 seconds
- Turn the wrist outward as far as possible
- Hold 2 seconds
- 10 repetitions, 2 sets



Sock Squeeze/ Stress Ball

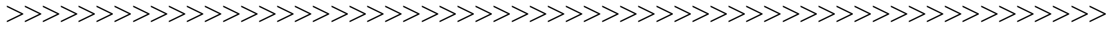
- Hold a rolled-up sock or stress ball
- Make a fist around it and squeeze
- Hold 5 seconds, 10 repetitions



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Trigger Points

- Locate the first trigger point (area of pain) on your elbow
- Press this area with your opposite thumb (1 min) or roll it with a tennis ball (5 min)
- Look for another areas of pain on your elbow and repeat the process

