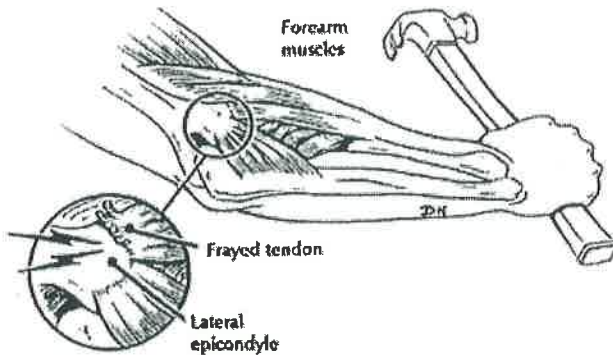
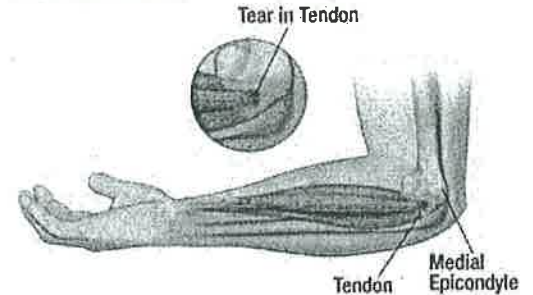


TENNIS ELBOW AND GOLFER'S ELBOW

Tennis Elbow (Lateral Epicondylitis)



Golfer's Elbow (Medial Epicondylitis)



The Injury

This condition plagues many racquet players and golfers, both amateur and professional. It is sometimes called tendonitis or epicondylitis and can also occur in anyone who uses frequent rotary motions of the forearm. The condition consists of an inflammation of the connective tissue in the elbow area.

- Tennis Elbow
 - This injury involves the tendons attached to the muscles that extend (bend back) the wrist and fingers. A small tendon arising from a very small area of bone at the elbow connects to the large extending (extensor) muscles of the forearm. After repetitive use of these extensor muscles, the tendon becomes overworked and inflamed. This produces pain on the *outside* of the elbow.
- Golfer's Elbow
 - The same thing happens with golfer's elbow except that it involves the tendons that attach to forearm muscles that flex the wrist and fingers (flexors). The pain here is on the *inside* of the elbow.

Contributing Factors

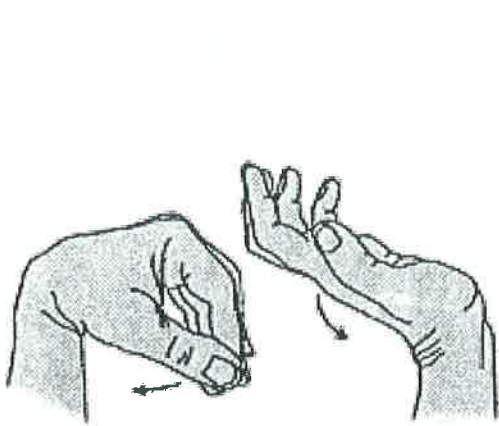
- Weak muscles and/or muscle imbalances
- Overuse- playing excessively, repeated violent extension or twisting of the wrist
- Improper equipment- incorrect grip size, strings too tight, imbalance of string tension
- Poor playing technique – too much wrist action, jerky strokes, poor ball contact

Treatment

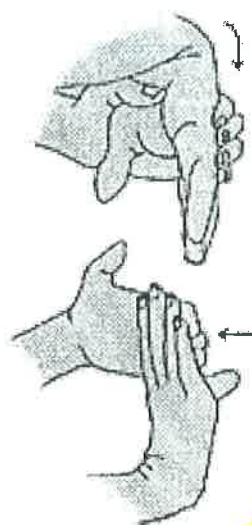
- Rest
 - Temporarily you may have to stop aggravating activities. Don't continue activity if you experience pain. Your doctor may even recommend that you not use your arm for anything (i.e.: lifting a brief case, opening doors). Only rarely with a sling relieve the discomfort.
- Ice
 - Ice your elbow three times per day for 20 minutes after active use of your arm. Protect your skin by putting a towel between your elbow and the ice bag.
- Stretching
 - Stretching will help prevent stiffness by breaking down any scar tissue that may result from inflammation (see exercises)
- Physical therapy
 - Initially physical therapists will work to reduce the inflammation in your arm. They can then teach you a home program that you can continue long term for prevention.
- Medication
 - Your doctor may prescribe anti-inflammatory medication or inject a local anesthetic to help relieve the inflammation and pain.
- Brace
 - Your doctor may recommend any of several braces or supports to reduce the pressure on the inflamed tendon to be worn during aggravating activities.
- Surgery
 - Only after all other methods of treatment are exhausted will surgery be discussed.

Exercises

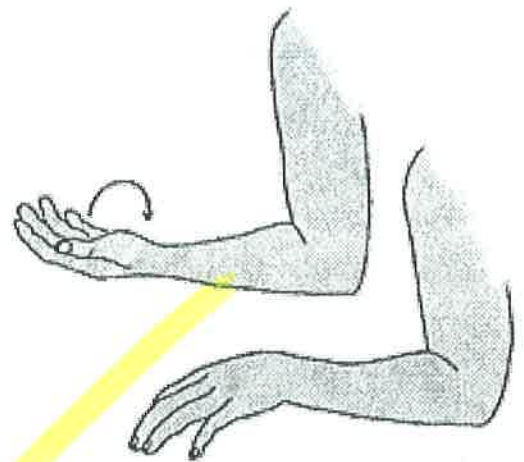
Weak muscles are a major contributor to the problem of tennis and golfer's elbow. Exercises will strengthen the muscles associated with the damaged tendons. Stretches and exercises should be avoided in the very painful stage. Do each prescribed exercise two times a day (3 sets of 15) or as often as your doctor recommends.



Wrist range of motion



Wrist stretch



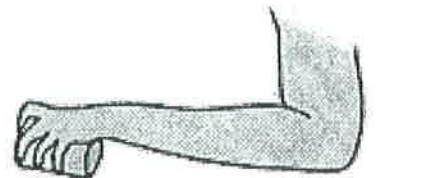
Pronation and supination of the forearm



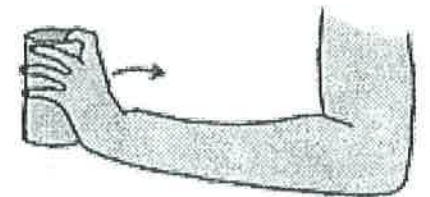
Elbow range of motion



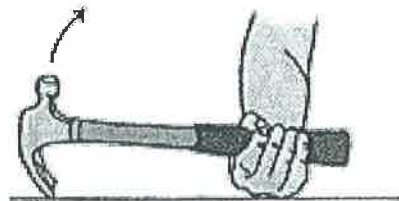
Wrist flexion exercise



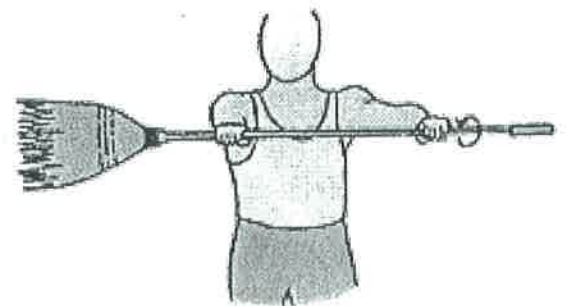
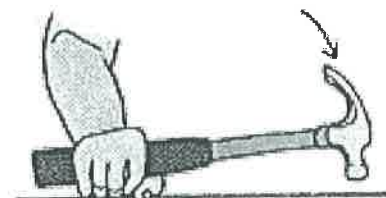
Wrist extension exercise



Wrist radial deviation strengthening



Forearm pronation and supination strengthening



Wrist extension (with broom handle)