

Self Help for Golfers Elbow

Information for patients

What is Golfers Elbow?

Golfers elbow is a common condition that causes pain on the inner side of the elbow. It usually caused by a strain on the tendons that attach the muscles of the wrist and fingers to the bone on the inside of the elbow.

Contributing factors

- Poor posture
- Overuse or repeated movements of the forearm and wrist
- An unusual increase or change in your activity

When to seek medical attention

- A new lump or bump around the elbow
- Bruising or redness in and around the joint or new multiple joint swellings
- Feeling unwell with a temperature associated with the onset of this problem
- Loss of feeling and power in the arm
- Sudden onset of pain after trauma

Symptoms

Pain on the inside of the elbow associated with gripping or twisting movements. Repeated movements, such as DIY or computer mouse work can often cause aggravation. The inner side of your elbow may be very tender to touch and you may notice some pain travelling down the forearm.

What to expect

The majority of golfers elbow related pain will settle within a few weeks or months with the correct change in activity. If your symptoms persist, then the first line of treatment is physiotherapy, where you will be assessed and given specific instructions and exercises to help your condition. A very small number of people may require more invasive treatment such as an injection or surgery if their symptoms do not respond to the other treatments.

Management

- Avoid heavy lifting, forceful gripping or twisting actions that may aggravate symptoms
- If you are involved in an activity using repetitive movements, such as a keyboard or mouse work, or if your profession requires repetitive manual handling activities, have a look at your workstation and work activities and consider how you could adjust these to avoid undue stress on your wrist and forearm. You may need to talk to your employer

- Using an epicondylitis clasp may be helpful. These can be worn on your forearm to reduce stress and should be available at your chemist
- Adequately control your pain, as pain can stop the muscles working properly and can make this condition last longer. Speak to your pharmacist if you are unsure which medication may help
- You could apply heat or ice to help with the pain and healing. Ensure that you do not apply these directly to the skin. Also do not use them too frequently or for prolonged periods of time (up to 20 minutes), as these treatments can burn the skin
- Try to maintain a good posture

Exercises

Demonstration	Instructions
<div data-bbox="252 707 708 1274" data-label="Image"> </div> <p data-bbox="397 1285 588 1323">Start position</p> <div data-bbox="252 1404 703 1971" data-label="Image"> </div> <p data-bbox="368 1982 552 2020">End position</p>	<p data-bbox="863 994 1497 1068">Sit with good posture at your neck, shoulder and upper back.</p> <p data-bbox="863 1104 1458 1211">Support your arms on a surface with your palms facing upwards, your hands and thumbs should remain relaxed.</p> <p data-bbox="863 1249 1490 1397">From the start position demonstrated in the photograph, slowly rotate your arms over to turn your palms to face the desk to the end position demonstrated in the photograph.</p> <p data-bbox="863 1435 1474 1543">This movement should take approximately five seconds and then rotate back to start position.</p> <p data-bbox="863 1581 1501 1655">Repeat this movement 10 times, three times a day as tolerated.</p>



Sit with good posture of neck, upper back and shoulder, breathing normally.

Start with your unaffected forearm rested on a surface and have your thumb facing upwards. Relax your hand and thumb in this position. Place your unaffected hand next to your affected hand and gently push the front of your affected hand against your unaffected hand to stop you bending your wrist forwards.

This should be a low effort exercise that is entirely tolerable.

You should aim to hold this position for up to 30 seconds. Repeat 10 times, three times a day as tolerated.

Frequently asked questions

When can I return to sport?

You may return to sport when you can perform the range of movements and strength required for your sport.

What can I do if my elbow does not settle?

If your symptoms have not settled after four to six weeks, you should consider referring yourself to your local physiotherapy department. Physiotherapy self-referral forms are available at your GP reception. Complete the form and return to the reception desk. You will either receive a telephone call or a letter for you to arrange an appointment with the physiotherapist.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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