

MEDIAL EPICONDYLITIS

PAIN AT THE INNER PART OF THE ELBOW (MEDIAL SIDE)

What is Medial Epicondylitis?

Medial epicondylitis, also known as golfer's elbow, is not limited to those who play golf. It is characterised by pain on the inner part of the elbow (medial side), which may radiate to the wrist. Repeated use of the wrist and arm for bending, grasping, or twisting can lead to tiny tears in the tendons, causing pain in the wrist, elbow, and forearm. Tendons are tough cords of tissue that connect muscles to bones.

What are the symptoms of Medial Epicondylitis?

- The most common symptom is pain along the inside of the forearm, from the elbow to the wrist, on the same side as the little finger.
- Pain when you try to make a fist.
- Decreased grip strength.
- Tingling in your hand.
- Numbness in your hand.

What are the risk factors of Medial Epicondylitis?

- **Racket sports:** Improper technique in tennis strokes, especially the backhand, can cause tendon injuries. Excessive use of topspin and using a racket that's too small or heavy can also lead to injury.
- **Throwing sports:** Improper pitching technique in baseball or softball can contribute to golfer's elbow. Football, archery and javelin throwing can also cause it.
- **Weight training:** Lifting weights with improper technique, such as curling the wrists during a biceps exercise, can overload the elbow muscles and tendons.
- **Forceful, repetitive occupational movements** These occur in fields such as construction, plumbing, and carpentry.

How is Medial Epicondylitis diagnosed?

It is usually diagnosed based on your medical history and a physical exam. To evaluate pain and stiffness, the First Contact Physiotherapist might apply pressure to the affected area or ask you to move your elbow, wrist, and fingers in various ways

Advice/Treatment

- Ice pack application (to reduce inflammation)
- Strengthening exercises
- Anti-inflammatory medicine
- Bracing
- Corticosteroid injections
- Surgery (rare)

If you need further advice or assistance with your condition, please contact your local surgery to book an appointment with your first contact practitioner (physiotherapist).



Exercises which your First Contact Practitioner (Physiotherapist) may recommend:



Use an ice pack or a pack of frozen peas (wrapped in a thin towel) over the inside of your elbow. This can be useful for golfer's elbow, as well as other pathologies of the elbow.



Straighten your arm out in front of you, and pull your fingers back (using your other hand). The crease of your elbow should be facing towards the ceiling, and fingers pointing down. This exercise helps stretch the forearm flexor muscles and can aid in repetitive strain injuries to the wrist and elbow, including golfer's elbow.



Rest your arm on a table with your palm facing up, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement, let the weight pull your hand back down. At the bottom, repeat by lifting your hand upwards again, and then letting the weight pull the hand back down. This is a strengthening exercise for the wrist, elbow, and forearm and can be useful for golfer's elbow.