

# Information Sheet

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## Golfer's elbow

Technically known as **medial epicondylitis**, golfer's elbow causes pain on the inside of the elbow joint and can refer into the forearm and wrist. It is generally caused by overuse but can also be caused by trauma to the area. Golfer's elbow causes inflammation of the soft tissues, particularly tendons, around the inner part of the elbow causing pain and restricted movement. Golfer's elbow is not necessarily caused by golf but any activity that regularly puts pressure on the medial tendons.

**NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.**



## Self-help

- **RICE - Rest Ice Compression Elevation**
- **Rest** from activities that caused the pain and avoid until healed
- **Ice** the painful area to reduce the inflammation after use; apply for 20 minutes every 2 hours when necessary using an ice pack wrapped in a clean towel
- **Compression** can help especially when not resting; use a support such as a splint or taping to help when you have to use the arm. Kinesiotape works well to support the joint whilst healing.
- When resting, place arm along the back of a chair or on a cushion to get some **elevation** to help reduce swelling
- Exercise as normal if possible, but avoid activities that will strain the elbow joint
- Always warm up fully before any exercise
- Massage and ultrasound can both help reduce inflammation and aid the healing process
- Painkillers can be taken when necessary on the instruction of a doctor or pharmacist
- Always warm up prior to exercise
- Seek advice from a coach or sports professional to check if your technique can be adapted or even improved to prevent further injury

\*Please note, this is intended as a guide to how you can help improve the symptoms of golfer's elbow at home. Should you require any further or more specific advice, please do not hesitate to contact me.