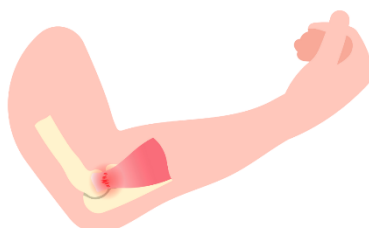




Golfer's Elbow

Patient information factsheet



What is Golfer's elbow?

- Golfer's elbow, sometimes referred to as medial epicondylitis, is a condition that gives you pain around the inside of the elbow (over the medial epicondyle).
- This is often due to repetitive stress or overuse of the forearm muscles that bend and twist the wrist. It may be caused by daily activities or sports which involve lots of gripping.

Common symptoms

- Pain and tenderness on the inside of your elbow.
- Pain can also spread into the upper/lower arm.
- Weakness of the forearm, particularly with activities which involve gripping.
- Difficulty in fully straightening your arm.

How long will it last?

- In most cases golfer's elbow will gradually improve, but the recovery time can vary from weeks to months.

What can I do to help myself?

- **Activity** – Continue your normal daily activities but try not to do any activities that aggravate your symptoms such as heavy lifting. Take regular breaks from activity.

- **Medication** – If you have been prescribed pain relief, take this at regular intervals. Anti-inflammatory medication may also help to reduce the swelling of the affected area. Your GP can advise you on this.
- **Ice** – Try applying cold to the area for approximately 10 minutes several times a day. Wrap the ice in a towel before using.
- **Brace** – In some cases, an elbow brace or strap may help. Your Physiotherapist or GP will be able to advise you.
- **Exercises** – Try the following exercises. If your symptoms worsen by doing the exercises, stop and ask the advice of your GP or Physiotherapist.

1) Stretch

- Place palm flat on table with fingers pointing back towards the body.
- Straighten elbow until you feel a stretch in your forearm.
- Hold for 30 seconds. Repeat 3 times.
- Apply ice to the elbow after completing the exercises.



2) Eccentric strengthening exercise

- Rest your affected forearm on a table so your arm hangs over the edge, palm facing the ceiling.
- Hold a small weight in your hand.
- Slowly lower your hand towards the floor as far as you can go.
- Then use your non-affected arm to lift the hand back to the start position.
- Repeat 10 times. Do three sets.
- Slowly increase the weight you use as your arm gets stronger.
- Apply ice to your elbow after completing the exercises.

Start Position



Finish Position



Other treatments that may be offered

- You may be referred to a Physiotherapist, who might use tapping, acupuncture or other exercises.
- If doing sports or doing your job causes you symptoms, you may need an assessment to help prevent the symptoms from coming back.
- If pain is difficult to manage, a steroid injection might be a treatment option.
- In some cases, you may be referred to an Orthopaedic Surgeon, but this is rarely necessary.

MSK CATS and Physiotherapy Services

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Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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