

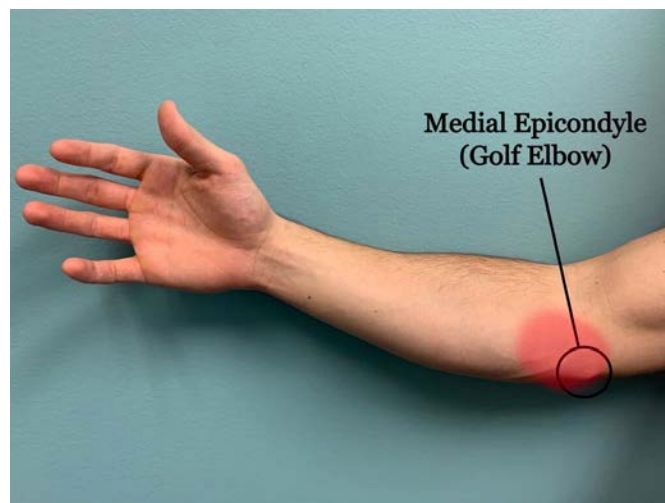


Understanding Golfer's Elbow

A Patient Information Pamphlet

Introduction :

We are providing you with important information about Golfer's Elbow. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.



What is Golfer's Elbow?

Golfer's elbow, medically known as medial epicondylitis, is a condition characterized by pain and tenderness on the inner part of the elbow. Despite its name, golfer's elbow can occur in individuals who don't play golf but engage in repetitive gripping and wrist movements.

What are the causes and symptoms?

Causes

Golfer's elbow is often caused by repetitive stress or overuse of the forearm muscles and tendons. Activities such as golfing, gardening, racket sports, or using tools that involve gripping and repetitive wrist flexion can lead to the development of golfer's elbow.

Symptoms

Common symptoms of golfer's elbow include:

- Pain or tenderness on the inner part of the elbow.
- Weakness in the hands or wrists,
- Stiffness and difficulty moving the elbow or wrist.

Treatment Options :

Treatment for golfer's elbow typically involves a combination of rest, activity modification, and rehabilitation exercises. Other treatment options may include:

- Pain-relieving medications,
- Physical therapy,
- Corticosteroid injections to reduce inflammation,
- Platelet-rich plasma (PRP) therapy to promote healing.



Managing and Preventing Golfer's Elbow :

To manage and prevent golfer's elbow, consider the following tips:

- Warm up properly before engaging in physical activities,
- Use proper technique and equipment to avoid strain on the forearm muscles,
- Take frequent breaks during repetitive tasks, Use ice packs to reduce pain and inflammation after activities,
- Incorporate strengthening and stretching exercises into your routine to improve forearm muscle flexibility and strength.

If you have any questions or require further clarification, please do not hesitate to reach out to us.

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