ATKINS
PHYSIOTHERAPY
CONSULTANTS

GOLFERS ELBOW

Not as common as Tennis elbow but a similar condition. The tendons that bend down the wrist all attach to the blunt bony edge on the inside of the elbow, where tendinopathy can develop with overuse. The patient presents with a gradual onset of pain on the inside of the elbow that is aggravated by pushing against a heavy door, lifting an object with two hands, a golf swing etc.

Physiotherapy can help with treatment using a specific massage technique called frictions, soft tissue massage and stretches. Ice and electrotherapy may be used with advice to avoid aggravating activities. Injection may be helpful if the condition hasn't responded but will tend to be used in conjunction with other treatments towards rehabilitation. Sporting or occupational techniques will need to be modified to avoid recurrence.