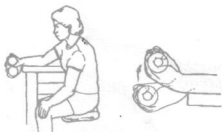
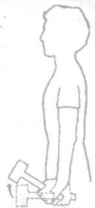


GOLFER'S ELBOW

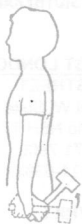
Golfer's Elbow Exercise Program



1. Sit or stand with arm supported with palm facing the ceiling
2. Hold light weight or soup can in hand
3. Curl wrist slowly upward
4. Hold 3-5 seconds, slowly lower
5. 5-10 repetitions, 2 times per day



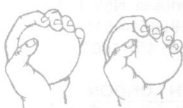
1. Stand holding a light weight hammer or stick with weight in your hand as shown, making sure thumb is pointing forward
2. Raise hammer upward as shown
3. Hold 3-5 seconds, slowly lower
4. 5-10 repetitions, 2 times per day



1. Stand holding a light weight hammer or stick with weight in your hand as shown, making sure thumb is pointing forward
2. Raise hammer upward behind you as shown
3. Hold 3-5 seconds, slowly lower
4. 5-10 repetitions, 2 times per day



1. Hold wrist as shown, making sure to keep fingers straight
2. Bend the wrist and fingers upward until you feel a stretch
3. Hold 10-15 seconds
4. 5 repetitions, 2 times per day



1. Hold a tennis or squeeze ball as shown
2. Squeeze as firmly as you can
3. Hold 3-5 seconds
4. 5-10 repetitions, 2 times per day



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Consult your physician or physiotherapist for the treatment that is best for you

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GOLFER'S ELBOW

What is Golfer's Elbow?

Golfer's Elbow is a condition involving pain and inflammation of the tissues around the inside of the elbow. The tissues involved include the muscles and tendons that bend the wrist and fingers forward. This group of flexor muscles is attached to a very small area of bone at the elbow. When the forces or strain on the muscles become greater than their strength, pain occurs.

Which activities cause Golfer's Elbow?

Although golf is a commonly reported mechanism of injury, any activity requiring repetitive elbow, wrist, or gripping movements can lead to golfer's elbow. This may include occupational activities such as the use of hand tools.

What is the cause of Golfer's Elbow?

Any one, or a combination, of the following factors, can cause Golfer's Elbow:

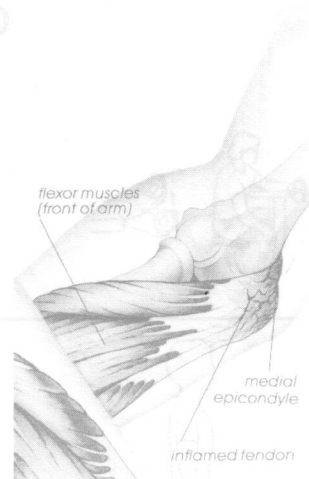
1. Weak muscles and/or muscle imbalances
2. Overuse – playing or working excessively, playing or working through pain, not warming up or stretching, or improper technique
3. Equipment – improper type or use of equipment, wrong tool or handle size, or inappropriate workstation set-up

What treatment can be done?

There are a variety of treatments for Golfer's Elbow. Pain relief may be accomplished with anti-inflammatory medication as prescribed by your physician. Physiotherapy can also help decrease pain and inflammation, as well as assist in restoring function and prevention of re-injury.

Physiotherapy treatment may include: ice, ultrasound, acupuncture, muscle stimulation, TENS, mobilizations, and a stretching and strengthening program. Activities that have been identified to cause or aggravate your condition may be temporarily reduced or eliminated from your routine. These activities may be slowly re-introduced as pain and inflammation subsides, at the discretion of your physician or physiotherapist. Some changes to your warm-up, stretching and strengthening routine, golfing technique, or workstation may be necessary to avoid re-injury.

Conservative management often controls pain and inflammation, however, your physician or physiotherapist may recommend other treatments if your symptoms are not improving. These include bracing to relieve pressure on the tendon, cortisone injections, and, in rare instances, surgery.



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