

PHYSIOTHERAPY EXERCISES FOR GOLFER'S ELBOW (MEDIAL EPICONDYLITIS)

There is very good evidence for the use of specific exercises to treat golfer's elbow. These exercises are called eccentric exercises and are simple and quick to do, and if done regularly, will on average result in symptoms resolving over eight to 12 weeks.

A dumbbell is perfect for these exercises, but any weight can be used as can the rubber exercise/physiotherapy bands available online or from sports shops.

The weight or strength of the elastic band should be such that after the exercises the forearm feels tired, but not so heavy that the exercises cannot be completed or are excessively strenuous.

N.B. Video demonstrations of these exercises are available on the Sheffield Hand & Elbow pain website (www.sheffieldhandandelbowpain.com)

- Seated in a chair, support the forearm over the edge of a table or over your knee and hold the weight in the hand with the palm facing down
- From a position with the wrist fully flexed (bent upwards towards you) slowly lower the weight until the wrist is fully bent backwards (extended). Repeat this movement to complete 10-15 repetitions
- The important movement is the lowering of the weight slowly through the full movement. It's ok to use the other hand to help lift the weight back up again. This might be necessary in the early day when the elbow is still very uncomfortable
- After 15 repetitions rest for 2 minutes then do a further 15 reps. Rest again for 2 minutes then do a final 15 repetitions
- **Do 3 x sets of 15 repetitions, twice daily**
- It might be helpful to do some stretching and massage with anti-inflammatory gel after you do the exercise
- The tendon may feel sore and tender during or immediately after the exercises but don't worry this is to be expected and should gradually improve as the exercises start to work
- **Remember** you will not notice immediate results. It takes eight to 12 weeks on average to fully rehabilitate the tendon.