

MEDIAL ELBOW TENDINOPATHY (GOLFER'S ELBOW)

Symptoms

- Pain at the inside of the elbow
- Pain with gripping, twisting and lifting
- Decreased grip strength
- Numbness to the 4th and 5th digits

Anatomy/Cause

Medial Elbow Tendinopathy (MET), also known as 'golfers elbow', is a common condition affecting the tendons around the elbow's medial (inner) part.

MET is often caused by overuse of the hand and wrist. This may be at work, home, or sports. This can lead to deterioration and sometimes small tears to the tendon around the elbow which can be tender to palpate.

Treatment

At Hand Works, our aim is to reduce pain and aggravation and get you back to your normal activities. This may include a period of rest followed by a home program to gradually load the tendon.

Your therapist may recommend:

- Wrist splints or an elbow counterforce brace
- Massage, stretches and strengthening exercises
- Activity modification and other strategies such as taping to assist in preventing further exacerbation of your symptoms.



Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit