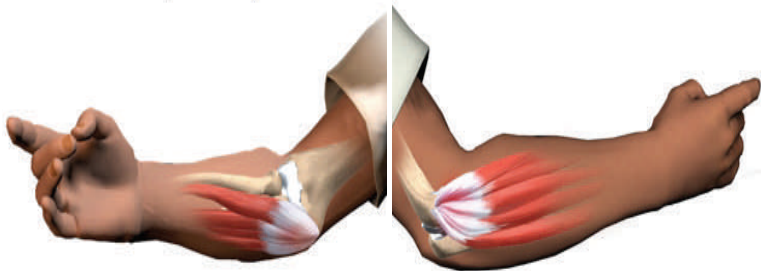


A Patient's Guide to Golfer's/Tennis Elbow

Medial Epicondylitis

Lateral Epicondylitis



What are Golfer's Elbow and Tennis Elbow?

Medial Epicondylitis (Golfer's Elbow) and Lateral Epicondylitis (Tennis Elbow) are injuries to the medial and lateral tendons of the elbow respectively. With these conditions, the tendinous attachments of the forearm muscles to the elbow become irritated and pain is produced on the sides of the elbow.

What part of the elbow is affected?

Medial Epicondylitis (Golfer's Elbow) causes pain that starts at the inside bump of the elbow called the *medial epicondyle*. The forearm muscles that bend the wrist forward (forearm flexors) attach to the medial epicondyle. Lateral Epicondylitis (Tennis Elbow) causes pain that starts at the outside bump of the elbow called the *lateral epicondyle*. The forearm muscles responsible for bending the wrist back (forearm extensors) attach to the lateral epicondyle via a single tendon. If you are suffering from these conditions, flexion and extension of the wrist will produce pain.

How do Golfer's and Tennis Elbow develop?

Overuse of the muscles and tendons of the forearm and elbow are the most common reason people develop Golfer's and Tennis elbow. Repeating certain types of activities repetitively can put too much strain on the elbow tendons. These activities do not have to be high-level sports competition. Activities such as hammering nails, typing, pruning shrubs or writing can cause elbow pain. Changes in biomechanics of the elbow cause increased stress, internal pressure and increased friction that leads to more inflammation, and eventually the formation of scar tissue within the elbow. Scar tissue restricts the translation or movement of adjacent tissues, causing friction, and leading to inflammation. Normally, the tendons of the elbow can move through a full range of motion. However, as the scar tissue builds and motion is reduced, these tendons become more irritated and inflamed, producing pain.

What do Golfer's and Tennis Elbow feel like?

The main symptoms are tenderness and pain at the medial and lateral epicondyles of the elbow. Pain usually starts at the epicondyles but often spreads down the forearm. Bending your wrist or grasping objects can make the pain worse. Weakness is also noticed when grasping or squeezing items. Inability to straighten the arm is also a symptom. Occasionally, some numbness and tingling is felt in the elbow or down the forearm.

Treatment for Golfer's and Tennis Elbow:

In our office, we use a combination of chiropractic treatments, Active Release Technique (ART) soft tissue manipulation and rehabilitation to allow restoration of proper biomechanics to the shoulder, elbow and wrist.

Ways We Treat Your Golfer's or Tennis Elbow:

Chiropractic

- Chiropractic is a natural healing approach that promotes a healthy, pain-free lifestyle without the use of drugs or surgery. An adjustment is a hands-on therapy that delivers a controlled pressure that restores proper motion to a restricted joint.

Active Release Technique (ART)

- ART is a manual therapy that corrects muscular and soft-tissue problems caused by the formation of adhesive or scar tissues. Adhesions/scar tissue occur naturally in the body in response to overuse or cumulative trauma.

Flexibility

- Good flexibility enables muscles and joints to move through their full range of motion. Poor flexibility leads to a higher chance of injury to muscles, tendons and ligaments.

Strength

- Strength training is essential for the rehabilitation of any injury. When new tissue is laid down to repair an area, it is very thin and weak. If this tissue is not properly re-strengthened, it can lead to re-injury.

Proprioception

- Proprioception describes the body's ability to react appropriately to external forces. It also helps rebuild proper motor patterns of the body. Proprioceptive exercises form the basis for the agility, strength, and endurance for complete rehabilitation.



With our combination of different treatments, resolution can be seen in over 90 percent of elbow cases. Effective treatment of the neck, elbow and arm, or any soft tissue injury, requires an alteration in tissue structure to break up the restrictive cross-fiber adhesions and restore normal function to the affected soft tissue areas. When executed properly, this process substantially decreases healing time, treats the root cause of the injury, and improves athletic performance. Active Chiropractic and Rehabilitation Clinic is very successful at treating this type of injury. Our therapies remove restrictive adhesions between both the superficial and deep tissue structures along the entire kinetic chain. This comprehensive approach creates a complete, time efficient healing process.



Active Chiropractic & Rehabilitation Clinic

915 Main Street · Suite 101
Evansville, Indiana 47708
www.evansvillechiro.com
Phone: (812) 423-9146
Fax: (775) 766-6516