

MEDIAL EPICONDYLITIS

The pain is typically due to excessive force or a large amount of grip involving the group of muscles on the palm side of the forearm. Force exerted by the digits combined with torsion of the wrist and forearm strains this cluster of muscles and their tendons on the inside region of the elbow. It is important to stop the activity when you feel this pain. The degree of injury can vary from strain to micro-tears to a severe tear of the tissues. Early awareness and intervention is important.



If you are experiencing pain at the inside part of your elbow, you may want to try the following:

1. Avoid those sharp twinges whatever you do. (Even though these are only quick and brief stabs of pain, they keep insulting and inflaming the area which is trying to heal).
2. Identify aggravating activities and avoid them. If the activity needs to continue; modify it.
3. DRIVE: Lower your steering wheel and try holding the wheel with palms down.
4. SLEEP: Avoid pressure on the inside of your elbow. Avoid sleeping on back for this reason.
5. REACHING: Avoid the torque of reach/heavy grasp out away from your body such as to remove a milk jug from your refrigerator. Keep items close to your body, move your body closer to the item or slide the item closer to you before you grasp and lift.
6. Leisure: you may find you need to modify your leisure activities in skills or intensity.
7. Avoid the following common aggravating activities:
 - a. pulling wet clothing out of the washer
 - b. hammering or using a screwdriver or other forceful wrist or forearm motions
 - c. vacuuming, lawn mower, snow blower
 - d. activities involving prolonged grasp/pinch while holding arm in a “posture” such as using a hair dryer, holding a briefcase, pressing down on a washcloth to clean
8. Avoid elbow leaning behaviors such as
 - a. arm rest in car, couch, office chair
 - b. reading a book while lying on your back in bed
 - c. arm bent position while holding a phone to your ear.

Two Stretches to try: . Start with #1, then #2. With stretching, ease into the motion and increase as tolerated. It is important to do the stretches 2 to 3 times per hour to gain range of motion. You do not need to hold the stretch for long periods of time, just increase the frequency and hold anywhere from 5 to 20 seconds, dependent on “feel” of the stretch.



#1



#2