

## Medial Epicondylitis (Golfer's Elbow)

Medial epicondylitis is characterized by inflammation of the bony prominences of the medial elbow joint. Medial epicondylitis often occurs in golf players, hence its alternative name "golfer's elbow". It is caused by an overuse of the elbow, particularly wrist flexion and forearm pronation. Symptoms include pain near the medial epicondylitis, especially upon wrist flexion and forearm pronation. Treatment includes conservative management, injections, and surgery.



PLAY PICMONIC

### Characteristics

#### Overuse Injury of Flexor Tendons

[Overtime Injury-sign and Flexing Protein-man](#)

Medial epicondylitis is often caused by repetitive wrist flexion and forearm pronation. While it is known as "golfer's elbow", about 90% of cases occur in occupational settings or are idiopathic.

#### Wrist Flexion

[Flexing Wrist](#)

Medial epicondylitis can be caused by repetitive wrist flexion. Golfing and manual labor are often associated with this motion.

#### Forearm Pronation

[Pronated-primate Forearm](#)

Medial epicondylitis can be caused by repetitive forearm pronation. Golfing and manual labor are activities associated with this motion.

#### Pain over Medial Epicondyle

[Pain-bolts over Metal E-pick-cone](#)

Symptoms of medial epicondylitis include pain that is elicited when the patient is flexing with elbow held in extension. About 75% of cases occur in the patient's dominant arm.

### Management

#### Conservative Management

[Conservative Manager being Conservative with Treatment](#)

Medial epicondylitis can be managed by conservative therapy including physical therapy, orthotics, rest, icing, compression, and elevation.

#### Injections

[Injection-syringe](#)

Injections of saline plus lidocaine or glucocorticoids can also serve as appropriate treatment for medial epicondylitis.

## Surgery

### Surgeon

Surgery is a form of treatment for medial epicondylitis and serves as a last resort after exhausting previous options and no improvement or worsening of symptoms after >6 months.