

Tennis & Golfer's Elbow

Have you ever played golf or tennis and had elbow pain? The names imply you have to play one of these sports to have such an injury. Well, that's not true and the names are often confused. The difference between these injuries is the muscles and tendons that are affected in the elbow. Golfer's elbow refers pain on the inside of the elbow. This pain is created by the inflammation of the tendons that flex, or bend your wrist and bring your fingers into a fist. This can affect not only golfers, but tennis players, pitchers and anyone who repetitively grips.

Tennis elbow is a condition that causes pain on the outside of the elbow. This pain stems from the group of muscles that attaches to the outside of the forearm and helps to raise the wrist. This also can affect tennis players and people who routinely grasp or squeeze objects. The outside elbow muscles are used to stabilize the wrist when making a fist.

Treatment for both conditions begins with rest. Rest allows the irritation or tiny tears in the muscle to heal. Aggravating activities and repetitive motions should be avoided or modified. A brace may be worn that spreads out and relieves the pressure on the tendons. It is best to seek treatment if your elbow has been painful for longer than 10 days. Stretching and strengthening exercises may be given and correct the problem before it becomes more serious.

The above is intended as general information only. Be sure to contact your physician for advice or your own specific medical problems.