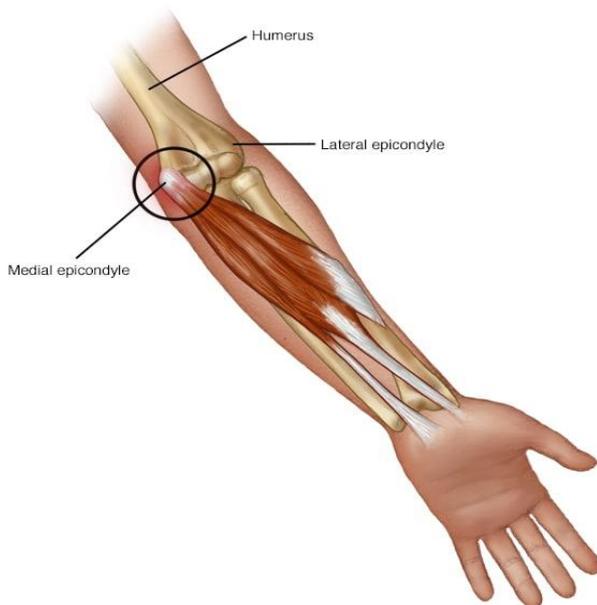


## Do you suffer from a Golfer's elbow or a Tennis elbow?

An overuse injury around the elbow often occurs following high-frequency repetition of the same movement. This occurs particularly in sports like tennis and golf.

### Golfers elbow

Golfer's elbow is a condition that causes pain where the tendons of your forearm muscles attach to the bony bump on the inside of your elbow. The pain might spread into your forearm and wrist.



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Golfer's elbow is similar to tennis elbow, which occurs on the outside of the elbow. It's not limited to golfers. Tennis players and others who repeatedly use their wrists or clench their fingers also can develop golfer's elbow.

### Symptoms

Golfer's elbow is characterized by:

- **Pain and tenderness.** Usually felt on the inner side of your elbow, the pain sometimes extends along the inner side of your forearm. Pain typically worsens with certain movements.
- **Stiffness.** Your elbow may feel stiff, and making a fist might hurt.
- **Weakness.** You may have weakness in your hands and wrists.

- **Numbness or tingling.** These sensations might radiate into one or more fingers — usually the ring and little fingers.

The pain of golfer's elbow (medial epicondylitis) can come on suddenly or gradually. The pain might worsen with certain movements, such as swinging a golf club. Golfer's elbow is caused by damage to the muscles and tendons that control your wrist and fingers. The damage is typically related to excess or repeated stress — especially forceful wrist and finger motions. Improper lifting, throwing or hitting, as well as too little warmup or poor conditioning, also can contribute to golfer's elbow. To cause golfer's elbow, the activity generally needs to be done for more than an hour a day on many days.

Besides golf and racket sports such as tennis and padel, many activities and occupations can lead to golfer's elbow, including:

- Throwing sports. Improper pitching technique in baseball or softball can be another culprit. Football, archery and javelin throwing also can cause golfer's elbow.
- Weight training. Lifting weights using improper technique, such as curling the wrists during a biceps exercise, can overload the elbow muscles and tendons.
- Forceful, repetitive occupational movements. These occur in fields such as construction, plumbing and carpentry
- Painters
- Grocery store cashiers
- Mechanics
- Those who work at a desk and type and click frequently

### **Tennis elbow**

Tennis elbow (lateral epicondylitis) is a painful condition that occurs when tendons in your elbow are overloaded, usually by repetitive motions of the wrist and arm. Despite its name, athletes aren't the only people who develop tennis elbow. People whose jobs feature the types of motions that can lead to tennis elbow include plumbers, painters, carpenters and butchers. The pain of tennis elbow occurs primarily where the tendons of your forearm muscles attach to a bony bump on the outside of your elbow. Pain can also spread into your forearm and wrist.



## Symptoms

The pain associated with tennis elbow may radiate from the outside of your elbow into your forearm and wrist. Pain and weakness may make it difficult to:

- Turn a doorknob
- Hold a coffee cup
- Shake hands or grip an object

Tennis elbow is an overuse and muscle strain injury. The cause is repeated contraction of the forearm muscles that you use to straighten and raise your hand and wrist. The repeated motions and stress to the tissue may result in a series of tiny tears in the tendons that attach the forearm muscles to the bony prominence at the outside of your elbow.

As the name suggests, playing tennis, especially repeated use of the backhand stroke with poor technique, is one possible cause of tennis elbow. However, many other common arm motions can cause tennis elbow, including:

- Using plumbing tools
- Painting
- Driving screws
- Cutting up cooking ingredients, particularly meat
- Repetitive computer mouse use

Factors that may increase your risk of tennis elbow include:

- Age. While tennis elbow affects people of all ages, it's most common in adults between the ages of 30 and 50.
- Occupation. People who have jobs that involve repetitive motions of the wrist and arm are more likely to develop tennis elbow. Examples include plumbers, painters, carpenters, butchers and cooks.
- Certain sports. Participating in racket sports increases your risk of tennis elbow, especially if you employ poor stroke technique.

## Preventions

You can take steps to prevent a golfer's a tennis elbow:

- **Strengthen your forearm muscles.** Use light weights or squeeze a tennis ball. Even simple exercises can help your muscles absorb the energy of sudden physical stress.
- **Stretch before your activity.** Do gentle stretches before you begin your game.

- **Fix your form.** Whatever your sport, ask an instructor to check your form to avoid overload on muscles.
- **Use the right equipment.** If you're using older golfing irons, consider upgrading to lighter graphite clubs. If you play tennis, make sure your racket fits you. A racket with a small grip or a heavy head may increase the risk of elbow problems.
- **Lift properly.** When lifting anything — including free weights — keep your wrist rigid and stable to reduce the force to your elbow.
- **Know when to rest.** Try not to overuse your elbow. At the first sign of elbow pain, take a break.

So, whether it is a golf- or a tennis elbow that is causing you pain, we recommend to use PUSH Sports braces as the **PUSH Sport Wrist support** or **PUSH Sport Wrist Brace** for stabilisation of the wrist and the **PUSH Sport Elbow brace** to put pressure on the painful area in order to relieve the pain while using the elbow.

Further more, for a tennis and a padel player look for a racket that could give you the support you need. Also to consider is a change of the grip of the racket to a HESACORE grip that provides a better and more comfortable grip and also helps to reduce the load on the elbow. For a golfer, if you're using older golfing irons, consider upgrading to lighter graphite clubs. Also make sure that your club grips have the correct size and that the grip is not too old. In many cases, both for the golfer and the tennis/padel player, it is the technique of the golf swing and the backhand and forehand racket swings that needs some tweaking and correction. And ofcourse a visit to a sport physiotherapist and/or sport physician is always recommended.