

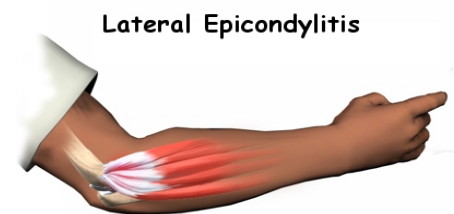
Want to know a little more?

## Epicondylosis (Tennis & Golfers Elbow)

The wrist flexors and extensor muscles are on the front and back of the forearm. The tendons of these muscles attach onto a bony point of the elbow - the epicondyles.

When the tendon of either the flexor or extensor muscles becomes irritated it may lead to Epicondylosis - with inflammation at the attachment point.

This irritation usually occurs with repetitive use of the forearm muscles for example using power tools, typing on a keyboard, or tennis and golf.



A **tennis elbow** is when the lateral (outer) elbow is affected, and a **golfer's elbow** is when the medial (inner) elbow is affected. Epicondylosis is often slow to improve due to poor blood supply to the tendons and continued use of the muscles.

Physiotherapy management may include forearm massage, acupuncture, elbow joint mobilisations and cervical (neck) mobilisations. An appropriately prescribed exercise program may be required if the condition is ongoing. It is often valuable to wear a specific supportive brace for the elbow.

Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist

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