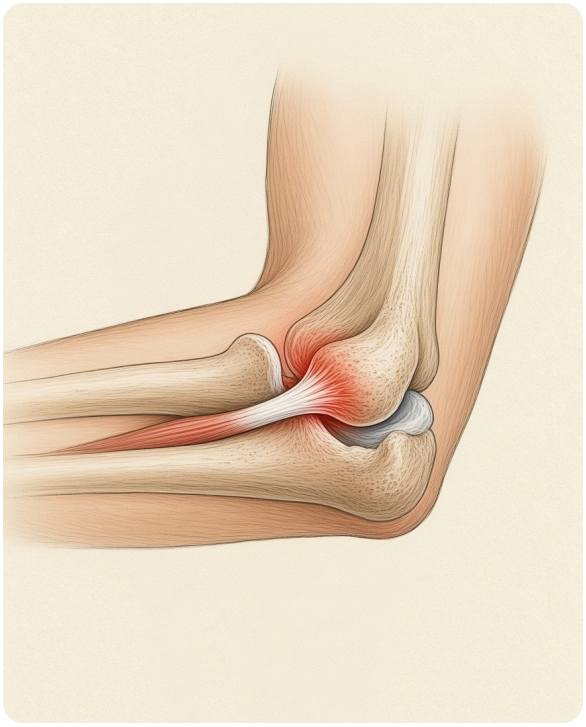
ARMIN PHYSIO



PATIENT GUIDE

Golfer’s Elbow

Pain on the inside of your elbow? It could be **golfer’s elbow.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is golfer’s elbow?

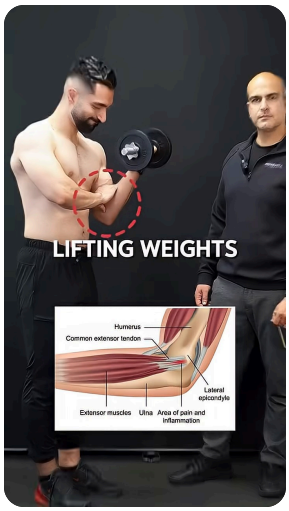
Golfer’s elbow (medial epicondylitis) happens when the tendons on the inside of your elbow become irritated or overloaded, often from repetitive gripping, lifting or wrist movements. It doesn’t just affect golfers. It can affect anyone who repeatedly uses their hands and forearms. Progressively strengthening the wrist flexors, forearm muscles and grip can improve how much load the tendon tolerates, reduce pain and restore function.

QUICK CHECK

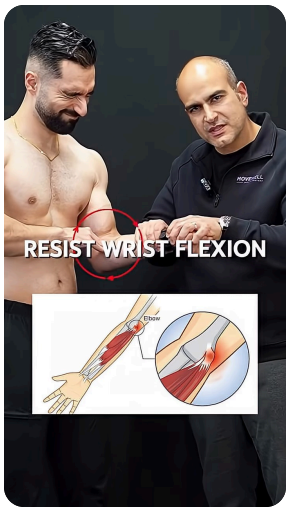
Does this sound like you?

- [ ] Pain on the inside of your elbow **when you’re lifting weights**
- [ ] Pain on the inside of the elbow when you **resist bending the wrist** (palm up)
- [ ] Pain when **gripping or lifting** objects
- [ ] Discomfort with **twisting** movements
- [ ] **Weaker grip** than usual

If you ticked a few boxes, golfer’s elbow could be the cause. Try the 3 exercises on the next pages.



Inner elbow pain when lifting



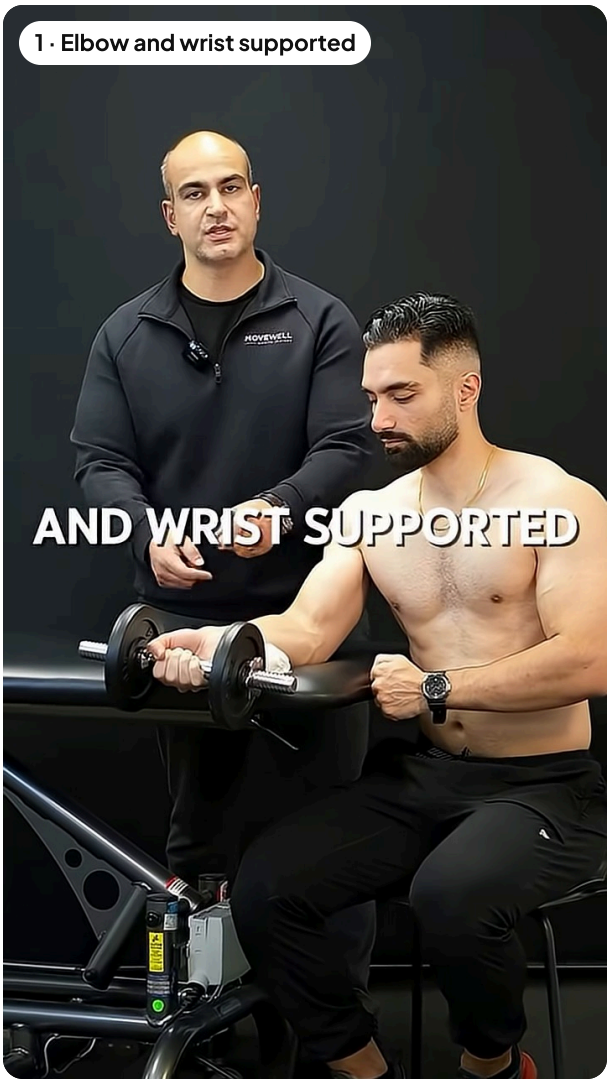
Pain resisting wrist flexion

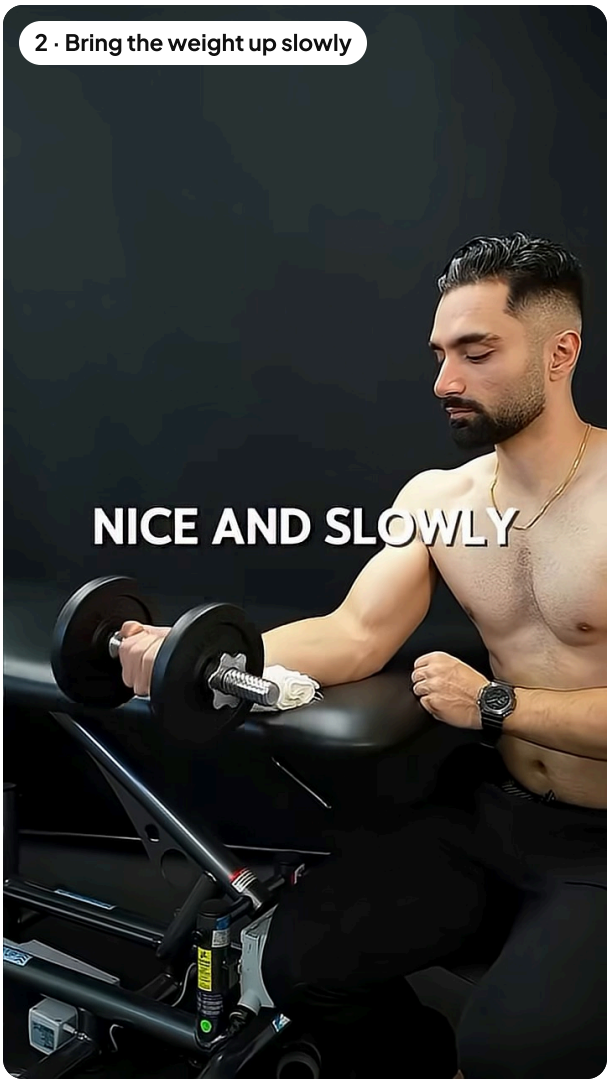
YOUR 3 EXERCISES

Try these exercises

1 Wrist curl with a weight

Strengthens the wrist flexors (the golfer's elbow muscles)





1. **Hold on to a weight** like so, palm facing up.
2. **Have your elbow and wrist supported.**
3. From here, **bring that weight up** nice and slowly.
4. **Go down**: three, two, one, and repeat.

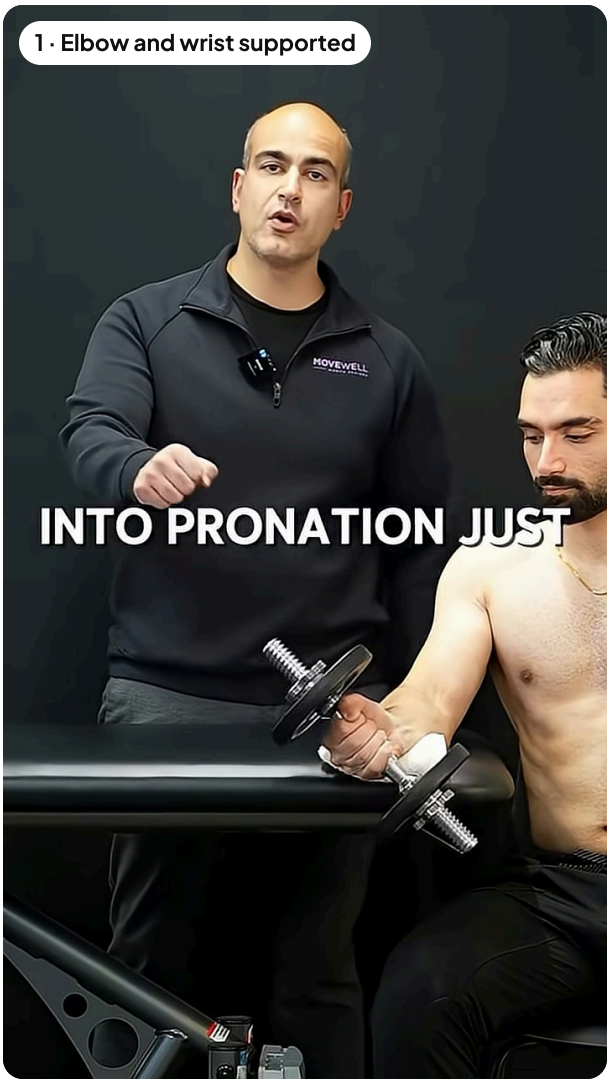
3 sets of 10–15 reps, slow and controlled

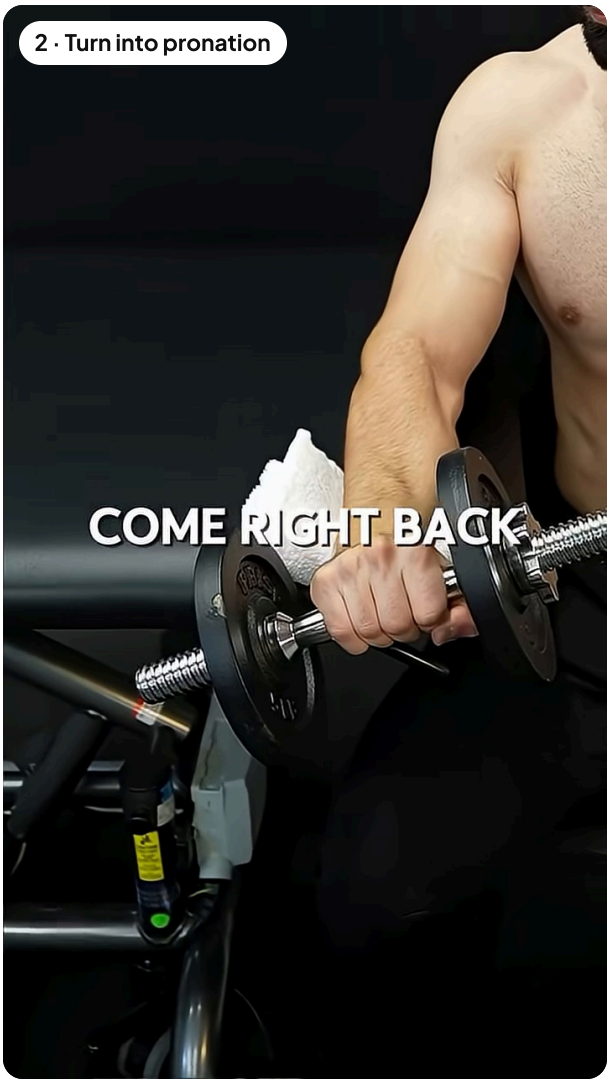
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Forearm pronation with a weight

Strengthens the muscles that turn your palm down





1. **With your elbow and wrist supported**, hold on to a weight.
2. **Go into pronation** (turn the palm down) just like so, nice and slowly.
3. **Come right back.**
4. Repeat.

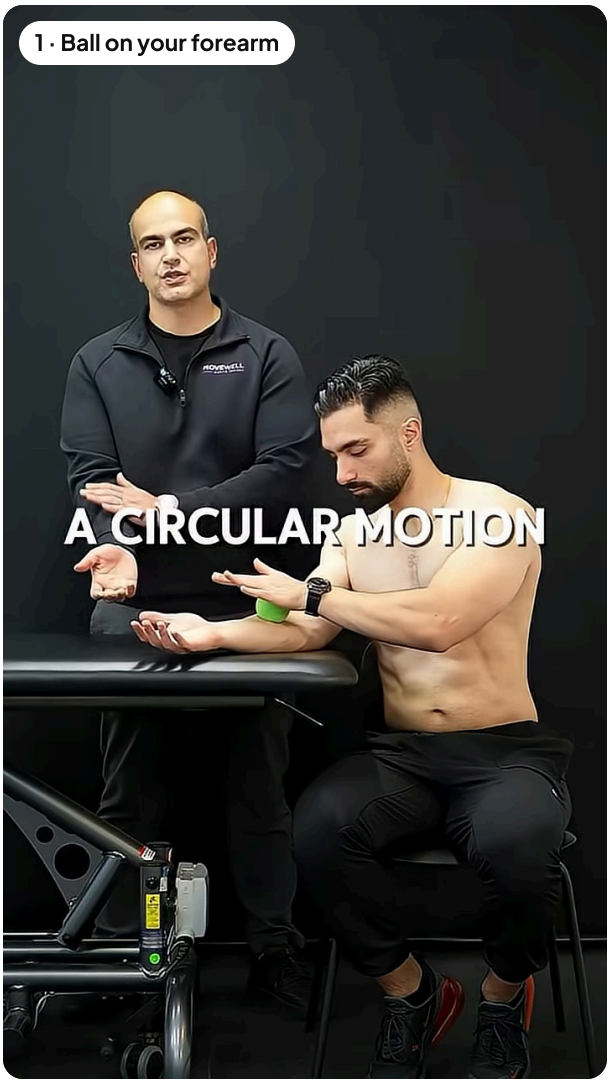
3 sets of 10–15 reps, slow and controlled

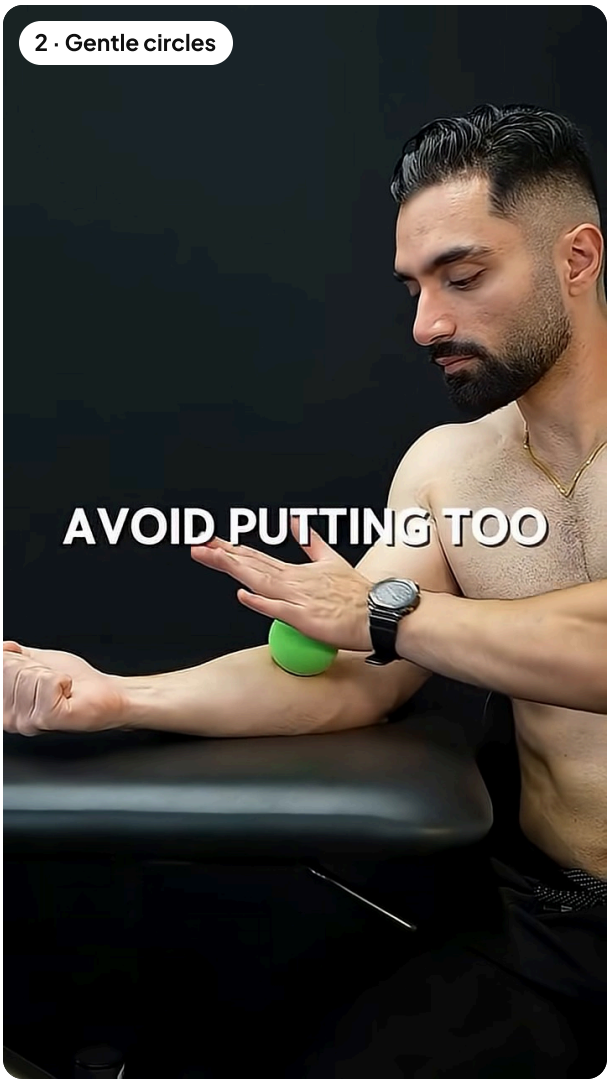
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Massage ball forearm release

Eases tension in the forearm muscles





1. **Hold on to a massage ball.**
2. **Put it on your forearm** and gently go in a circular motion, massaging out the forearm muscles.
3. **Avoid putting too much pressure on the elbow joint itself.**

About 1 minute, light pressure

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Strengthen
Wrist curl, 3 × 10–15

02
Strengthen
Forearm pronation, 3 × 10–15

03
Release
Massage ball, about 1 min

3 sets of 10–15, slow and controlled, is from Armin's video description. The massage ball time and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain at the elbow
- Pain above about 4/10, or pain that keeps building as you go
- **Tingling or numbness** into the hand or fingers
- Pain or a weaker grip that's **worse the next day**

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Severe pain, swelling or a **deformed-looking elbow** after a fall or injury
- A **hot, red, swollen** elbow, especially with **fever**
- **Numbness or tingling** in the hand or fingers that's getting worse
- **Weakness** in the hand, or you keep **dropping things**
- The elbow **locks**, or you can't fully bend or straighten it
- **Constant pain at night** or at rest that doesn't ease

If you have a deformed or very swollen elbow after an injury, or a hot swollen elbow with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your elbow isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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