Medial Epicondylitis

**WHAT IT IS**
Medial epicondylitis is pain and swelling on the inside of the elbow caused by inflammation of the muscle tendons that attach on the medial epicondyle (the bony prominence on the inside of the elbow). The muscles that attach here are responsible for flexing the wrist and pronating the forearm (turning the palm face-down). This condition may also be referred to as Little Leaguer’s Elbow or Golfer’s Elbow.

**HOW IT HAPPENS**
Medial epicondylitis occurs when the wrist flexor muscles become overused. Other factors that may increase your chances for medial epicondylitis include:
- Weak flexor muscles
- Tight forearm muscles
- Improper throwing mechanics
- Throwing too many curve balls
- Increasing intensity too quickly

**WHERE IT HURTS**
Most of the pain from medial epicondylitis will be localized to the inside or medial part of the elbow. The elbow may look red and feel hot or swollen. Pain may be increased with elbow range of motion or wrist flexion. The elbow might also feel tight or weak. Activities that may increase pain include:
- Throwing a ball
- Swinging a golf club
- Lifting objects with palm facing upward
- Weightlifting

**IMMEDIATE TREATMENT**
- **REST** the elbow from activities that cause pain.
- **ICE** the elbow by applying an ice bag or performing an ice massage on the affected area for 10-15 minutes to decrease pain and swelling. Ice may be applied as often as once per hour.
- **IBUPROFEN** can help decrease both pain and inflammation. Take NO MORE than 1200 mg per day, following the label’s recommended amounts.

![LEFT ELBOW - POSTERIO-MEDIAL VIEW](image)
### STRETCHING EXERCISES

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wrist Extensor Stretch</strong></td>
<td>Keep the elbow straight and gently flex the wrist. Hold for 20 seconds. Repeat 3 times.</td>
</tr>
<tr>
<td><strong>Wrist Flexor Stretch</strong></td>
<td>Keep the elbow straight and gently extend the wrist. Hold for 20 seconds. Repeat 3 times.</td>
</tr>
<tr>
<td><strong>Wrist Supinator Stretch</strong></td>
<td>With elbow bent, use a hammer or dowel rod to rotate the wrist so the palm faces the ground. Hold for 20 seconds. Repeat 3 times.</td>
</tr>
<tr>
<td><strong>Wrist Pronator Stretch</strong></td>
<td>With elbow bent, use a hammer or dowel rod to rotate the wrist so the palm faces the ceiling. Hold for 20 seconds. Repeat 3 times.</td>
</tr>
</tbody>
</table>

### STRENGTHENING EXERCISES

<table>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Wrist Flexion</strong></td>
<td>Place one end of a resistance band under your foot and the other end in your hand, with the palm facing the ceiling. Extend your wrist upward toward the ceiling 10-30 times.</td>
</tr>
<tr>
<td><strong>Wrist Extension</strong></td>
<td>Place one end of a resistance band under your foot and the other end in your hand, with the palm facing the floor. Extend your wrist toward the ceiling 10-30 times.</td>
</tr>
<tr>
<td><strong>Pronation/Supination</strong></td>
<td>Place one end of a resistance band under your foot and the other end in your hand. Rotate your wrist, having your palm face both the floor and ceiling 10-30 times.</td>
</tr>
<tr>
<td><strong>Finger Extension</strong></td>
<td>Place a rubber band around all your fingers. Extend and spread all your fingers at the same time, stretching the rubber band 10-30 times.</td>
</tr>
<tr>
<td><strong>Ball Squeezes</strong></td>
<td>Squeeze a tennis or racquetball in your hand 20-30 times.</td>
</tr>
</tbody>
</table>

### SUGGESTIONS FOR FUTURE

- Activities that do not cause pain are allowed
- Activities that cause or increase pain should be avoided
- Do not try to play through the pain
- Return to activities slowly with a gradual increase in intensity and duration
- Continue forearm stretching and strengthening activities to avoid future problems

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