

How to Heal Golfer's Elbow with Self-Massage

What is medial epicondylitis? Medial epicondylitis is the medical term for golfer's elbow. Tendons (thick structures that attach muscle to bone) attached to the medial epicondyle (a bone on the inside of your elbow - next to the elbow bone) develop microtears and inflammation often from overuse of the forearm muscles. These are the forearm muscles which assist in flexing the wrist (bending your wrist forward from the palm). They develop pain and swelling often due to overuse.



Massage

1. Cross-fiber friction massage to the medial epicondyle tendon. Use two fingertips side by side or one atop of another. Forearm should be supported by table or pillow. Find the tender spot over the tendon and massage across the fibers deeply and vigorously. Try 30 to 60 seconds and if too tender try massage number 2 instead.



2. Place continuous pressure on the tendon with your fingertips or thumb and simultaneously flex the wrist 10x. It is ok to experience some pain, but the pain should not continue after you are done. If the pain does continue,

perform the massage number 3 and return to this massage in the future. If it feels ok, continue 4x per day (10 reps).



3. Massage the muscles of the forearm avoiding the tender spots.



4. Use of massage gun for cross-fiber massage and forearm massage.



One forearm stretch that may help: forearm pronation/supination. How to tell if tight. Stand with your elbows bent to 90 degrees (right angle) at your side. Flip your palms up with both hands. Wrists should be nearly level on both sides. Now flip your palms down. Again, wrists should be nearly level. Compare sides. If one side or both sides is tight, perform the following stretch:

Bend your painful forearm to your chest. Use your opposite hand to stretch the forearm into pronation and then supination (palm toward you and away), (10x).