

## Golfer's Elbow Initial Management

Below please find a sample of early techniques to manage Golfer's Elbow. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

### Ice

Apply a small cold pack wrapped in a damp tea towel to the painful area around your elbow for 10 minutes. Reapply every 2 hours as required.

### Modify Activities

Identify and adapt painful repetitive hand movements.

**Avoid** positions requiring tight gripping.



**Solution:** Use devices like jar openers to assist in activities.

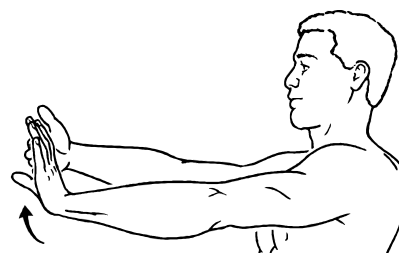
**Avoid** grasping objects with thin handles for prolonged periods.



**Solutions:** Choose objects with thicker handles. Relax fingers every ten minutes during activity.

### Stretch

Straighten the elbow of your painful arm. Hold the palm of one hand with the other hand and pull your hand back gently until you feel a comfortable pull in your forearm. Hold for 15 seconds and repeat 3 times daily.



### Exercise

Place your forearm along the table or armchair with your wrist hanging over the edge and palm facing up.

With the other hand lift the hand to the ceiling then slowly lower the hand under its own power. Repeat 5 times increasing to 20 times daily.



### Elbow Cuff

If pain persists consider having an elbow cuff fit for you.

**For further management see your occupational therapist, physiotherapist or physician.**