

TENNIS/GOLF ELBOW (EPICONDYLITIS)

IT'S ALL IN THE GRIP



WHAT ARE THE TYPES OF EPICONDYLITIS?

There are two types of Epicondylitis. *Lateral* which is tennis elbow and *Medial* which is golfers elbow. Let's take a look at a tennis swing and a golf swing to see what is happening at the forearm muscles during those motions.

LATERAL EPICONDYLITIS

When a tennis player holds their racket, they have to grip pretty intensely. The tighter the grip, the more the muscles on the outer side of the forearm tense up. The longer and more frequent they squeeze the handle, the muscles remain tense and that causes them to be overused during a match or even practice.

MEDIAL EPICONDYLITIS

Golf has more of a flexion bias where you are flexing your wrist and inner forearm. That makes these inner forearm muscles contract more. The same thing that occurs in tennis elbow happens for golfers elbow, just on the other side of your forearm.

Make sure to take adequate breaks in order to give these muscles time to rest.



So Much More Than Therapy!

405.609.3600
valir.com/physicaltherapy
18 clinics state wide