

## Golfer's Elbow

This is a similar condition to tennis elbow but occurring on the inner side of the elbow. It affects the origin of the common flexor muscles situated on the inner aspect of the forearm. Pain is caused by bringing the open palm upwards against resistance and also by forming a grip in certain positions.

### P O I N T S

**Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated

**H3** This is at the end of the inner elbow crease.

**Ear** Ear point

#### Rehabilitation:

Allow six weeks for recovery.

1. To strengthen grip. Improve grip by squeezing the following:
  - (a) Ball of wool
  - (b) Squash ball
  - (c) Tennis ball

Only when squeezing with (a) is painless, may you progress to (b) and so on.
2. To stretch the area. Stand 18 inches from a wall. Place palms on the wall, fingers inwards. Bend at the elbows until the forehead touches the hands and then return to start position.
3. To strengthen. Sit with the arm resting on the leg, palm facing upwards. Bring the wrist up towards you. To progress try the exercise while holding a can of food.

