



Medial Epicondylitis

Definition: Medial epicondylitis is an overuse injury involving the muscles that attach to the inside of the elbow. These muscles help to bend the wrist and fingers and help rotate the forearm.

Common Terms: Medial epicondylitis is also referred to by some as “little leaguers elbow” or “golfer’s elbow”.

Typical Mechanism of Injury: This condition is a result of chronic overuse by repeatedly twisting the forearm during throwing or swinging motions. It is seen more commonly in younger adults and children whose bony tissue has not yet matured. In some cases, improper technique and/or equipment associated with a sport can lead to this condition.

Common Signs and Symptoms: This condition is associated with pain and tenderness around the inside of the elbow and may exhibit signs of swelling. Twisting and gripping motions, as well as throwing activities, may cause pain or weakness.

Common Treatment: Immediate treatment for this condition is a reduction of activity that causes discomfort. Ice may also help, but this should be done with caution because this area is near a superficial nerve and ice may cause irritation. In some cases, a brace around the forearm can help in relieving pain. A program consisting of exercises may be implemented to gradually stretch and strengthen the forearm muscles.

Prevention: The most important aspect of preventing these types of conditions involves using proper techniques and equipment associated with sports and activity, as well as avoiding excessive overuse and abiding by rules, such as those imposed in little league baseball related to pitch counts.

Expectations: Return to activity can range from relatively soon to several weeks. It is not uncommon for symptoms to decrease once a person reduces activity. However, caution should be taken not to return back to activity too soon.

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