

## MEDIAL EPICONDYLITIS

Medial epicondylitis manifests itself in pain of the epitrochlate which is at the inner part of the elbow. It occurs after the repetitive irritation of the muscle tendons that fit on it. Often it appears after a mild trauma or through the practice of a sustained activity that has not been prepared.



### Symptoms :

- Pain at the medial epicondyle (inside of the elbow) that may spread down the forearm.
- Pain may be present at rest and will increase with activity. The pain may wake you at night.
- A decrease in hand strength because of the pain.
- There may be swelling on the inside of the elbow.

At the first sign of symptoms, it is important to **temporarily** stop any activities or movements that increase the pain. It is important to keep moving your elbow within the painfree movements.

### Ice

You can apply ice (a bag of frozen vegetables, a gel ice pack, crushed ice) to the elbow for 10-15 minutes every 2-3 hours. Always apply a wet towel between the ice and your skin. Ice can help you to reduce the pain.

### Exercises:

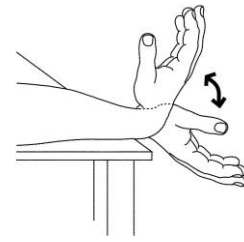
It is normal to feel discomfort and pain after the exercises. The pain should not persist later than 20 minutes after the exercises.

If an exercise increases the pain, reduce the intensity or the number of repetitions. The important thing is to go gradually.

**Number 1**

Sit on a chair with your forearm on a table; your hand should be off the table and the palm facing up. Bend your wrist without lifting your forearm off the table.

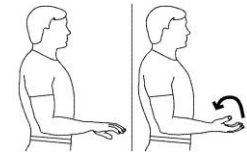
**2 sets of 10 repetitions**



**Number 2**

Bend your elbow to 90 degrees, your palm facing down. Without moving your elbow, turn your hand so that the palm is facing up, then return to the starting position.

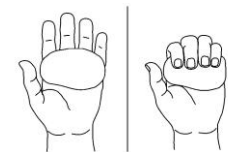
**2 sets of 10 repetitions**



**Number 3**

Bend your elbow and place a ball in your affected hand. Squeeze the ball with your hand for a few seconds and relax. There should be no pain.

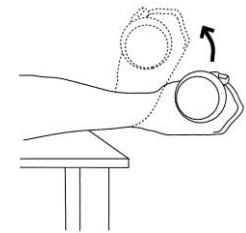
**1 minute, 3 times a day**



**Number 4**

Sit with your forearm on a table, palm facing up, with a small can in your hand. Bring the weight up and then return to the starting position.

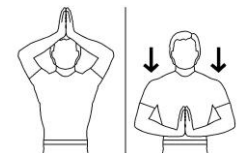
**2 sets of 10 repetitions**



**Number 5**

Join your palms together above your head. Bring your hands down, keeping your palms in contact.

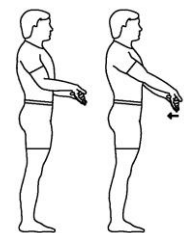
**Hold for 20 to 30 seconds, 3 repetitions twice a day**



**Number 6**

With your arm out in front of you, elbow slightly bent and palm facing up, gently bend your wrist and straighten your elbow with your other hand until you feel a stretch in your forearm.

**Hold for 20 to 30 seconds, 3 repetitions twice a day**



Remember that the important thing is to continue using your arm through non-painful movements and adapt your daily activities.