

Cactus Pediatric Orthopaedics

dba Kids' Fracture Care

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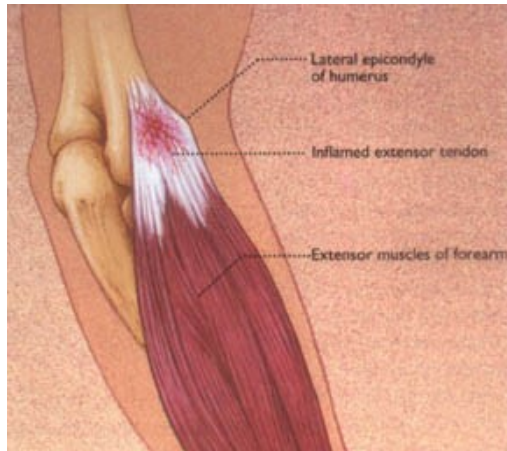
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Medial Epicondylitis

What is Medial Epicondylitis?

The medial epicondyle is part of the "funny bone" located on the inside of the elbow. The muscles that bend (flex) the wrist down, are

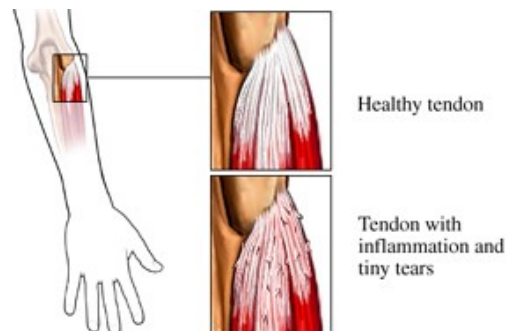


attached to the medial epicondyle. Forceful and repetitive bending of the wrist and fingers causes micro ruptures or tears in the muscles and tendons. In younger athletes, it may cause tiny ruptures and irritation to the growth plate, a cartilaginous portion of the bone. As these tiny tears heal, they form scar tissue which may

become more painful with repetitive use. Common sports which cause medial elbow pain include baseball (particularly pitchers) and golf.

What are the symptoms of Medial Epicondylitis?

- Pain along the palm side of the forearm and to the inside aspect of the elbow
- Pain increased with grasping of bending of the wrist down
- Weakness in grip strength secondary to pain
- Tenderness to pressure on the inside of the elbow
- Inability to continue with activities



What is the treatment of Medial Epicondylitis?

- Rest from irritating activity for at least 6 weeks to allow healing
- Anti-inflammatory medications, Ibuprofen (Motrin/Advil) or Naproxen Sodium (Aleve)
- Ice to elbow for inflammation for 10 - 15 minutes 2 - 3 times a day
- Physical therapy to strengthen shoulder (rotator cuff) and forearm
- Wrist splint to reduce bending (Flexion) of wrist or forearm compression sleeve/brace to lessen pain
- Limitation of heavy pushing, pulling, or grasping activities
- Surgery (rarely recommended)

