

Medial Epicondylitis Non-operative treatment

The pain you have on the inside of your elbow is due microtearing of the tendons coming off the epicondyle (bone). This results in the formation of scar tissue with resultant pain. Continued stress can lead to a vicious cycle of pain and weakness. This is not a serious injury, but the pain can greatly affect your capability to perform sports activities.

We can keep you in training if you follow this treatment regimen:

Symptom Controlling Modalities

Eliminate activities that are painful

Contrast whirlpool

5 minutes hot whirlpool with active elbow

electrical stimulation

- E.G.S. or interferential contact flexor carpi ulnaris distal and proximal (3 minutes daily for a maximum of 5 days)

Exercises

- Joint vibration-3 minutes
- Soft tissue longitudinal massage to flexor carpi ulnaris musculotendinous junction
- Submaximal exercise
 - Wrist flexion/extension (dumbbell)
 - Supination/pronation (weight bar)
 - Wrist ulnar deviation with elbow extended (weight bar)
 - Wrist flexion ulnar deviation (weight bar)

Throwing Workout

- After throwing, ice and compression wrap for 15 minutes with elbow extended

Repeat first two under exercises

Failure of baseline treatment

- Start iontophoresis (10% Hydrocortisone cream) continuous fashion 1.5 to 2W/CM² every other day over a course of 10 days
- Take anti-inflammatory medication (NSAID'S)
- Ice the outside part of your knee three times a day
- Perform iliotibial band stretches six times a day
- If your pain is severe, we recommend you use a knee immobilizer and crutches for 3 days.
 - Wear the immobilizer during the day and night; can remove for ice, stretching, and bathing

Once you no longer have pain on the outside of your knee when you press on it, you will be able to do everything except routine running for the next two weeks. During these two weeks, you will participate daily in the following regimen:

- Perform iliotibial band stretches
- Run until you feel tightness (not discomfort) on the outside of your knee
- Once you feel tightness on the outside of your knee, stop running and perform the stretches. Do not run anymore that day.
- Each day, do the stretches and run until you feel tightness; goal = 3 miles without tightness.

Take the medication and use ice until your season is completed

You may also need to augment your program with formal physical therapy