

Cycle 5
2507 – Golfer's Elbow Diagnosis & Treatment
SCRIPT

(1)

BRIAN HILD, MD:

Golfer's elbow is a specific pain that's localized to the bone over the inside of the elbow. You can push on it, you can point to it, it will hurt when you touch it.

(2)

EUGENE FARNG, MD:

I don't think I can remember anyone who got it playing golf. It's something that just happens.

(3)

BRIAN HILD, MD:

Attached to that area are the muscles that allow you to flex your wrist, and what we call pronate, or bring your arm over in this direction. So it's very important to know that when you have pain over the inside of the elbow, what condition you're dealing with.

(4)

EUGENE FARNG, MD:

I think there are a lot of options for pain. The first thing and the easiest-- is always the easiest thing. And the easiest thing is to just to pick up some routine anti-inflammatories from your local pharmacy.

(5)

BRIAN HILD, MD:

Therapy, stretching protocol, periodic cortisone injection, and giving it a tincture of time. But it doesn't mean you can't go back to the activity. It just means it may bother you again if you repetitively use the arm. There is surgeries again for that side of the elbow and we try to reserve those for the people who don't get better with conservative management.

(6)

EUGENE FARNG, MD:

You don't want to do surgery until you're convinced you've done everything else. You know, if you've done all the simple stuff and it's been a year or more and you're still miserable, turns out that the results of surgery are actually okay. One of the options is to make a small incision and sort of clean up the tissue that's injured. You can also do it through arthroscopy, which is where you have multiple very small incisions and a camera. And you can do it on either side of the elbow for this problem. It's usually outpatient surgery. Meaning, you come in and you go home the same day.

(7)

BRIAN HILD, MD:

And so a thorough exam, a good history, knowing whether or not there's numbness or tingling into the fingers, or when the symptoms occur. Night time pain, or night time numbness and tingling is not necessarily golfer's elbow. That's more of a nerve-related issue. So it's really important to know which condition you're dealing with because the treatment differs.

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