

Golfer's Elbow/Medial Epicondylitis Decreasing Stress in Daily Activities

Bracing

- Use a cock-up splint/brace for heavy, resistive activities. The splint is to assist as a reminder to keep your wrist in a neutral position. If the arm has increased soreness after wearing the splint, you are working against it.
- Remove all splints and braces to stretch hourly. Hold stretch for 10-30 seconds.

Computers/Typing

- Keep the mouse close to your body, not on the desk where you need to reach for it, and/or switch to the other side, and/or buy an optical mouse that does not need a mouse pad and be used anywhere (even on your lap).
- Be sure to relax your hand completely while waiting for the computer screen.
- Keep wrists straight when typing; avoid letting them bend or extend. Keep fingernails short.
- If typing on a regular keyboard aggravates your elbow consider getting a split keyboard.
- Avoid typing with wrists resting on the wrist rest or the edge of the table.

Lifting/Carrying

- Lift and carry all items on your forearms with palm down.
- When getting clothes from the washer, use both hands.
- Avoid carrying groceries, briefcases, and suitcases with an extended/straight elbow, handles looped around the wrist. Try to carry them on your forearm or in a backpack.
- When lifting files from a file drawer; slide an 18" wooden ruler down the back side of the file, wiggle it back and forth and then slide your palm in to pick up the file from the bottom. Do not grab the file with fingers and thumb.

Golf

- Consider having a pro evaluate your grip, stroke, and particularly the use of irons and chipping into hard soil.
- Check your shoulder placement and rotation of wrists during the follow-through phase of your swing. Lead with your hips.