

Dos 'and Don'ts for Golfer's Elbow

DO'S:

- Keep a comfortable distance from the activity, and keep elbows at your side
- Move arm at a steady slow motion
- Try and turn palm up and down in more frequent/short turns
- Try to carry objects close to your body with elbow slightly bent and wrist in neutral position
- Try to alternate arms when doing repetitive tasks

DON'TS:

- Work with arms bent into body and wrist angled down
- Snap arms into a bent position
- Turn palm up and down with elbow bent
- Carry objects with arms bent up tight
- Repeat wrist and elbow patterns

Special Considerations for Work & Home:

- Change grip from overhand to side.
- Standing on a raised surface, so that you're above the objects your reach for or grasp.
- Vary your activity to keep repetition of the same task to a minimum.
- Twisting, towel – wringing motions of the wrist should be avoided.
- Keep frequently used items within easy reach.
- Carry items on your forearm.
- Use step stool or a ladder.
- Push and slide items.