

# Golfer's Elbow Test

Name:

Date:

The Golfer's Elbow Test, also known as the medial epicondylitis test or the pronator teres test, is a physical examination technique used to evaluate for the presence of medial epicondylitis, which is a type of tendinopathy that affects the tendons on the inner side of the elbow.

## Instructions

1. Find a comfortable spot for your patient to sit or stand with their arm relaxed and elbow extended.
2. Ensure the patient's forearm is in a neutral position, with the palm facing down (pronated).
3. Explain to your patient that you will apply resistance to their wrist while they try to flex it and turn their palm upward.
4. Instruct the patient to flex their wrist and fully pronate their forearm, keeping their elbow extended.
5. Place one hand on the patient's forearm, just above the wrist, to provide resistance.
6. Ask the patient to resist your force by flexing their wrist and supinating their forearm (turning their palm upward).
7. Apply a gradual and steady resistance while assessing for any pain or discomfort.
8. Observe the patient's facial expression and listen for any verbal cues of pain during the test.
9. Note the location and intensity of any pain or discomfort experienced by the patient.
10. Repeat the test a few times to ensure accurate assessment.

## Reminders

- Be gentle and gradual in applying resistance to avoid causing unnecessary pain or discomfort.
- Communicate with your patient throughout the test to ensure their comfort and cooperation.
- Use proper body mechanics and posture to prevent strain on your own muscles and joints.
- Consider performing other relevant tests and assessments to obtain a comprehensive evaluation of the patient's condition.
- Use the Golfer's Elbow Test as part of a thorough clinical evaluation, and consider other factors such as the patient's medical history, symptoms, and imaging studies for a definitive diagnosis.

## Additional Notes