

# Medial Epicondylitis or Golfer's Elbow Test

Patient's full name: \_\_\_\_\_ Date: \_\_\_\_\_

Rater's Name: \_\_\_\_\_

## Instructions:

**Note:** The patient may be seated or standing for this test.

1. Ask the patient to flex their elbow or hand. Alternatively, you may opt to supinate the patient's arm yourself.
2. With one hand, immobilize the patient's upper arm.
3. With the other, grasp the patient's hand, position their hand palm side up then gently push the fingers backward towards the elbow.
4. Ask the patient to extend their elbow fully.
5. Bend the elbow once more and if you would like, you may also gently push the patient's hand while the wrist is flexed.

**Did the patient feel any pain in the inner aspect of their elbow during steps 3, 4, or 5?**

Yes \*  No

\*If yes, your patient has medial epicondylitis.

**Notes/Treatment:**