

Golfer's Elbow Surgery

If you have ongoing pain on the inside of your elbow that hasn't improved with rest, physiotherapy, or injections, you may benefit from surgery for golfer's elbow. This operation removes the damaged tendon tissue to relieve pain and restore strength and function.

What Is Golfer's Elbow?

Golfer's elbow (medial epicondylitis) is caused by irritation or damage to the tendons on the inside of the elbow. It's usually the result of overuse, often in:

- Golf and racquet sports
- Manual or repetitive work
- Lifting or gripping activities

Symptoms include:

- Pain or tenderness on the inner side of the elbow
- Weak grip or aching in the forearm
- Pain with lifting, twisting, or gripping

Treatment Before Surgery

Most people with golfer's elbow recover without surgery. Initial treatment usually includes:

- **Rest and activity changes** to reduce strain on the elbow
- **Anti-inflammatory medication** and ice for pain relief
- **Physiotherapy** to stretch and strengthen the forearm
- **Elbow supports or braces**
- **Steroid injections** for short-term pain relief

If symptoms last more than 6-12 months despite these treatments, surgery may be considered.

What Does The Surgery Involve?

Golfer's elbow surgery is a **day-case procedure**, typically performed under general or local anaesthetic. The aim is to remove the worn or damaged tendon and promote healing.

The procedure usually involves:

- A small cut on the inner elbow
- Removal of damaged tendon fibres
- Smoothing and reattaching healthy tissue
- Sometimes a **tendon release** if the tight tendon is causing ongoing pain

In some cases, **keyhole (arthroscopic) surgery** may be used, depending on the extent and location of the damage.

Who Is Surgery For?

Surgery may be recommended if:

- You've had symptoms for 6-12 months with no improvement
- Physiotherapy and injections haven't helped
- Pain is interfering with work, sport or daily life

Recovery And Aftercare

You'll go home the same day with a sling for comfort. Recovery is gradual and includes:

- Light activity: 2-3 weeks
- Driving: 2-4 weeks
- Physiotherapy: starts within a few weeks
- Return to sport/manual work: 2-3 months
- Full recovery: up to 6 months

Benefits Of Surgery

- Long-lasting pain relief
- Improved strength and grip
- Return to work, sport and hobbies
- High success rate in well-selected patients

Risks And Complications

Possible risks include:

- Infection or bleeding
- Nerve irritation or numbness (rare)
- Elbow stiffness
- Incomplete pain relief or recurrence

Your surgeon will explain these risks in detail and answer any questions.

Why Choose Midlands Orthopaedic Clinic?

Our experienced elbow surgeons offer expert assessment and treatment for golfer's elbow, from non-surgical care to advanced surgical techniques. We provide personalised care, quick access to treatment, and dedicated physiotherapy support to guide your recovery.

Get In Touch

If your golfer's elbow hasn't improved with rest or physiotherapy, we can help.

Contact Midlands Orthopaedic Clinic today to book a consultation and find out if surgery is the right next step for you.