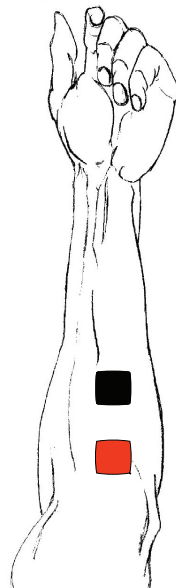


**Medial Epicondylitis (“Golfers Elbow”)**

Medial Epicondylitis (“Golfer’s elbow”) is similar to the more common lateral epicondylitis in many respects. Both conditions are overuse tendinopathies that can be associated with racquet sports. Other activities with which medial epicondylitis is associated include golfing, throwing sports, and racquet sports. The most common site of pathology is the interface between the pronator teres and the flexor carpi radialis origins. This condition creates a great deal of discomfort and pain that can be decreased significantly with the use of TENS.

**Suggested Electrode Placement****2-pad placement**

Place electrode pads  
over proximal fore-  
arm over the flexor  
muscle group

**Suggested Treatment Parameters****Mode: Modulated****Pulse rate: 100-120 Hz****Pulse width/duration: 50-150  $\mu$ s****Amplitude: Low to moderate level stimulation****Treatment Time: Throughout the day as needed****Mode: Continuous****Pulse rate: 80-100 Hz****Pulse width/duration: 50-100  $\mu$ s****Amplitude: Low to moderate level stimulation****Treatment Time: Throughout the day as needed**