

Fisherman's Elbow

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It all boils down to mechanics. What has to physically occur for a fisherman to cast their rod? First a tight grip is required on the pole. Secondly, the rod is brought back overhead (fly fishing) or out to your side as you prepare to launch you're A Rig. And with a vicious snap of the wrist, you cast your line into the water. Think about how many times you perform this action over the course of your time on the lake, or river? This is simply a repetitive motion that causes a repetitive strain injury in your elbow. Done wrong and in your in for some elbow Pain.

Although called fishing or fisherman's elbow, it is exactly the same injury as tennis elbow. What happens is that the forearm extensors and flexors become overused or more commonly strained due to the repetitive nature of casting your line. Or it is due to that one bad cast where you weren't watching your mechanics, oops a torn tendon.

At minimum you cast a couple of hundred times on a bad day of fishing but if the fish are biting, you most likely are looking at upwards of a thousand casts throughout your day. Who would blame you? I don't know a fisherman who wants to leave the lake when the fish are on! If you're on the Pro circuit its even more.

Fishing elbow symptoms consist of tenderness and outside elbow pain and swelling. You may also find it difficult to straighten and extend your injured arm fully. Some fisherman complain that their arm is extremely stiff and their elbow pain increases when performing even the most basic task of holding a coffee or tea mug. Performing any sort of gripping or squeezing action, which is required when you hold your fishing rod, often makes your elbow worse.

Fishermen are now wearing elbow braces thinking that this is the solution and a permanent fix to their elbow problems. This is a dangerous scenario. Simply because, elbow braces are not a permanent solution and heading back out on the lake fishing while wearing one will only make the tear in your extensor tendon at your elbow larger.

So what is the fastest, safest way to treat your fishing/tennis elbow?

This is probably the best news you will hear all day! All it takes are few high powered laser treatments and you can be back on the water fishing again.....