



Owner information

Medial elbow tendinosis in cats

Medial elbow tendinosis of the elbow is a condition that has only recently been diagnosed in cats. It includes partial or complete rupture, fibrosis and calcification of the flexor tendons of the forearm at their insertion on the medial aspect of the elbow joint.

The disease is also sometimes called "medial epicondylitis", which is a term derived from a similar condition in humans, where it is also called "*Golfer's arm*". Since the tendons are primarily affected the term **medial elbow tendinosis** is more correct.

The inciting cause in cats is unknown, but trauma or overuse may cause repetitive micro-injury to the flexor muscles on the medial aspect of the elbow, resulting in **areas of calcification of the tendon (arrows)**.

Cats may show **clinical signs of lameness and pain on medial palpation of the elbow region**, but it can also occur as an incidental finding. **Radiographically most apparent are extra-articular mineralised bodies in the area of the flexor tendons**. Radiographic changes can be found incidentally in asymptomatic cats. In all cases of affected cats, bilateral radiographs should be taken.

Most cats seem to respond to conservative treatment with rest, weight reduction and NSAIDs. In more severe cases surgical removal of calcified tendon and muscle tissue might be indicated.

In humans, golfers and young baseball players are most commonly affected, mostly due to overuse of the wrist flexor muscles, which act to pull the palm of the hand towards the arm, and attach to the elbow at the inner part.



The aim of our study is to collect data from cats with radiographic and/or clinical signs of medial elbow tendinosis. The goal is to get more information about cats with medial elbow tendinosis in order to develop guidelines for work-up, treatment and prognosis.

We are also keen to see clinically affected cats as referrals in order to perform ultrasound and surgery, if indicated.

Questionnaire and an owner information sheet are available for download on <http://www.vet.cam.ac.uk/> or contact Heidi Radke on hr264@cam.ac.uk or 01223 337621.

Please don't hesitate to contact me with any queries regarding affected cats or this study!

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