

GOLFER AND TENNIS ELBOW IN BYZANTINE TURKEY: EPICONDYLITIS AS AN IMPORTANT NEW OCCUPATION/ACTIVITY MARKER

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The presence of both lateral and medial epicondylitis are well known in modern medicine as diseases of occupation leaving recognizable lesions on the epicondyles of affecting up to 1-3% of today's population. We report on an obvious case from a 40-year-old male from the Byzantine period from Kovuklukaya, near Sinop, North Central Anatolia, Turkey. The significance of these lesions in interpreting the activities of this person in life is discussed, as are the implications for further studies on the activities of peoples in the past. Possible reasons why these lesions were not recorded previously by paleopathologists are suggested. The significance of such findings in the assessment of activity patterns and occupational stress markers in past populations is reviewed. It is proposed that the epicondyles can provide an important and previously underreported activity indicator and that physical anthropologists should take care to examine these in the field as the Paleopathology is vulnerable to damage in transport.