

Exercises

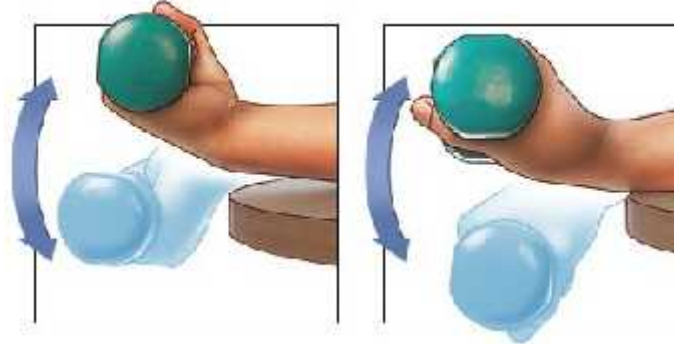
All exercises should be performed at a pain free level.



Stretch elbow straight and bend your wrist with your palm facing down. Hold for 20-30 seconds.



Place an elastic band around your fingertips. Stretch your fingers out against it. Hold for a few seconds and relax.



Place a weight in your hand. Support your arm on a table with your palm facing down. Raise your hand slowly and then lower it. Repeat this exercise with your palm facing up.



With a weight in your hand, support Your forearm and rotate your palm to face upwards and then downwards.

Tennis Elbow



Lincolnshire
Physiotherapy
& Sports Injuries Clinics

Lincoln | South Lincoln | Market Rasen
Louth | Marshall's Yard | Epworth | Navenby

E info@lincolnphysioclinic.co.uk
W www.lincolnphysioclinic.co.uk

What Is It?

Tennis elbow, also called lateral epicondylitis, causes pain on the outside of the elbow because of damage to the muscle tendon that attaches to the bone on the outside of the elbow. These muscles pull the hand backwards.

It occurs mostly in the 30-50 age group.



Damage can occur from a single incident, such as a blow to the elbow or from a build-up of repeated smaller strains through overuse.

Symptoms can also occur because of a neck problem. This can be assessed and identified by your Physiotherapist.

A similar problem on the inside of the elbow is called golfer's elbow or medial epicondylitis.

Causes

Unaccustomed activity of the affected muscle. This can be activities such as:

- tennis - backhand
- plastering
- painting
- throwing
- gardening
- repetitive turning or lifting of the wrist
- carrying shopping bags
- computer work

Weakness and tightness of the muscle can increase the likelihood of it developing.

Symptoms

- Pain and tenderness on the outside of the elbow. May become constant and not just whilst doing aggravating activities.
- Moving of the elbow and lifting things is painful.
- Morning stiffness
- Loss of grip strength

Diagnosis

This can be made by a Physiotherapist or Doctor by examining the area. X-rays are not usually required.

Treatment

- **Rest** from the aggravating activity.
- **Painkillers and Anti-Inflammatories** - as advised by your GP or pharmacist.
- **Ice** - can help reduce inflammation - an ice pack wrapped in a damp tea towel applied to the area for 10-15 minutes.
- **Physiotherapy** - an individual treatment and rehabilitation programme which may include exercises, electrotherapy and other treatment techniques as well as advice on preventing a recurrence. Some simple exercises are given in this leaflet but see your Physiotherapist for further advice.
- **Arm Brace** - can be used to decrease the strain through the muscle.
- **Steroid Injection** - can help reduce inflammation.
- **Surgery** - very few people require surgery.