



Tennis Elbow

What is Tennis Elbow??

Acute Tennis Elbow is an injury to the muscles that extend the wrist and fingers. The site of injury is typically the lateral epicondyle, a bony bump on the outside of the elbow where these muscles attach.

Tennis Elbow symptoms that have lasted more than 6 weeks are considered to be sub-acute and beyond three months, as chronic tennis elbow

What are Tennis Elbow Symptoms??

Typically the Tennis Elbow sufferer will experience pain when performing gripping tasks or resisted wrist/finger extension (e.g gripping, lifting etc). Pain can also be present when the muscles are stretched. There will be tenderness directly over the bony epicondyle, and there may be trigger points in the wrist muscles.

Some sufferers will also have neck stiffness and tenderness, as well as signs of nerve irritation. Most elbow movements will be pain-free, despite that being the area of pain.

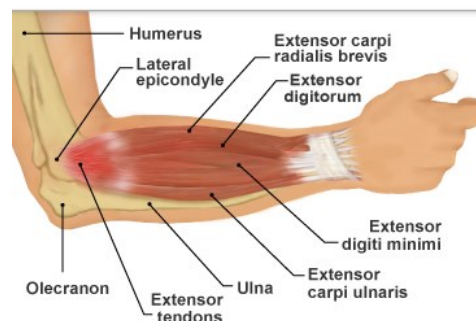
What Causes Acute Tennis Elbow??

Acute Tennis Elbow is caused by damaged muscle tissue at the point it anchors to the arm bone at the elbow. It occurs when more force is applied to an area than the normal healthy tissues can handle.

Common Tennis Elbow Causes include:

- Unaccustomed hand use. eg painting a fence, hammering, lots of typing.
- Excessive gripping or wringing activities
- Poor forearm muscle strength or tight muscles
- Poor technique (this may be a poor tennis shot)

Lateral Epicondylitis (Tennis Elbow)



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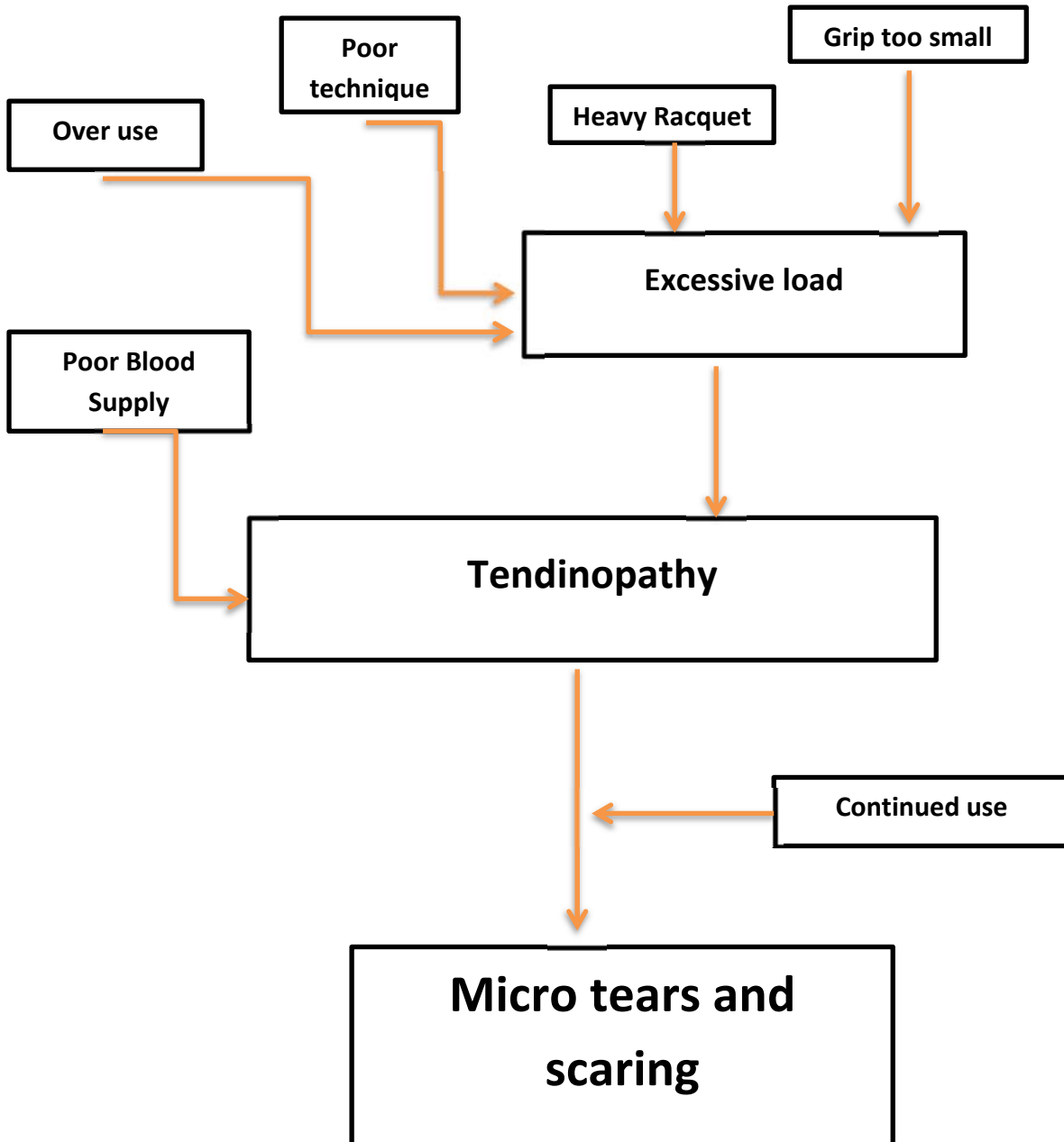
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Process Leading to the Development of Tennis Elbow



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Exercises and Bracing to help Pain and Recovery

***** All exercises must be completely pain free *****

Some people will find a **tennis elbow brace** reduces their pain when it is placed tightly just below the area of pain to offload the tendon which is inflamed. The padded part of the brace should go around the bulk of the wrist extensor muscles just below the painful area.

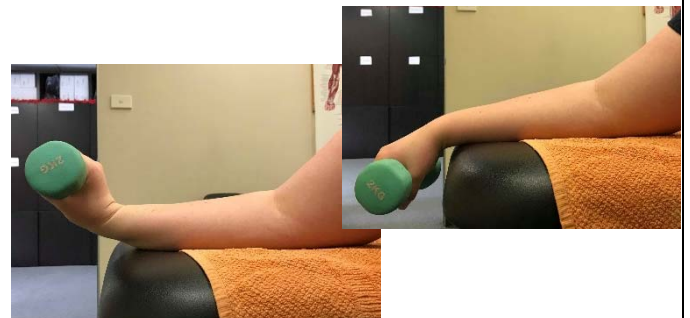


Stretches and Strengthening can also play an important role in recovery and pain reduction, below are a couple of basic stretches that may aid in reducing your pain.

Wrist Extension Strengthening

- Rest arm on desk/bench with palm down
- Slowly lift hand up and down with control
- Light weight can be added when strength improves

Complete small numbers often (e.g. x 10-20 reps every few hours)



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Wrist extensor Stretch

- Arm out straight
- Bend wrist (palm to arm)
- Twist hand so palm is up
- Hand behind body

Hold 30 seconds (do stretch after exercises)



1



2



If you need more advice or strengthening there are many more variations and assessments that can be done to individualise treatment for every case, looking at other factors that could be contributing to the pain beginning and continuing with our experienced physiotherapists. The above exercises are only a generic list of some that can be helpful in reducing pain in tennis elbow but these do not take into account any specific circumstances.

**** This Form is GENERIC ONLY and does not replace medical assessment and individualised treatment. It is a guide only and will not be appropriate for all types of ankle/ foot injuries. STOP IMMEDIATELY if this increases your pain, and seek appropriate medical advice. In attempting these exercises without medical advice, you do so at your own risk*****

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