

Tennis Elbow Injury

Tennis Elbow (Lateral Epicondylitis) is a common cause of elbow pain, which can radiate down the forearm from the outer side of the elbow. Tennis Elbow tends to be caused by prolonged gripping activities. There is also elbow pain if the elbow is straight and the hand is moved forward and back at the wrist. Despite the name, Tennis Elbow doesn't just affect tennis players.

A severe episode of Tennis Elbow usually requires a course of non-steroidal anti-inflammatory drugs (NSAIDs) prescribed by a doctor and a period of rest from activities that may aggravate the injury. Where complete rest is not possible a (elbow support) can relieve stress and reduce symptoms. is excellent for relieving the pain of Tennis Elbow. Once the severe elbow pain has settled, progressive strengthening exercises can completely cure Tennis Elbow.

Common Tennis Elbow injury signs & symptoms:

- Elbow pain located on the outer side of the elbow.
- Elbow pain that is aggravated by gripping activities.

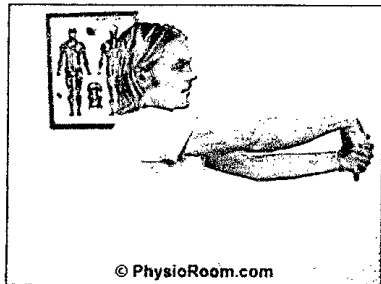
TENNIS ELBOW EXERCISES

Restoring full muscle extensibility

This involves gentle stretching of the extensor tendons that attach to the inflamed area, which are located in the outer part of the forearm and are responsible for bending the wrist back.

They are stretched by simply straightening the elbow and bending the wrist forwards. This helps to realign the scar tissue which is present in the affected area, thus making it stronger.

To do the exercise, keep the elbow straight and bend the wrist forwards. Use the other hand to gently push a little further. You should feel a mild stretch on the back of the forearm. The stretch should be held for about 30 seconds x3 and repeated 3 times a day.

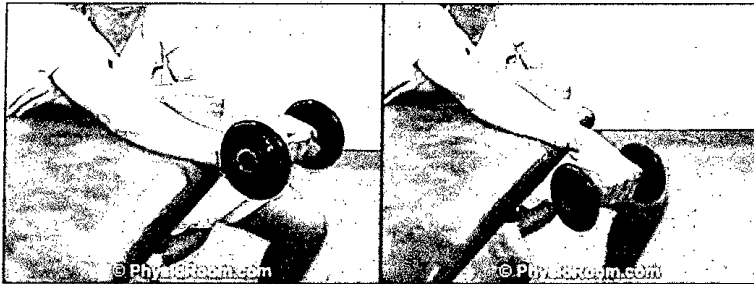


This exercise should be undertaken daily for the duration of the rehabilitation period.

It has been shown through research that the tendon strengthens most effectively when the attached muscle is worked in the following way:

To work the extensor tendons of the wrist eccentrically (which means lengthening the muscle under control):

1. The forearm is placed facing down supported by a table, with the elbow straight. The wrist and hand should overhang the table.
2. A small weight (you can start with a drinks can or a tin of beans) is placed in the hand and the exercise is to slowly lower the weight by carefully lowering, or 'flexing', at the wrist.
3. The wrist and weight must then be assisted to the starting position (the left image below) by using the opposite hand to lift it - this eliminates the 'concentric' component of the exercise to ensure pure eccentric work. This must be repeated every time i.e. lift the weight & wrist up with the opposite hand & then lower the weight with control.



Repeat the exercise 15 times then rest for 1 minute and repeat again 15 times. This should be repeated 3 times a day. Gradually increase the weight in your hand as the exercise gets easier. The exercises may have to be performed for 6-8 weeks.