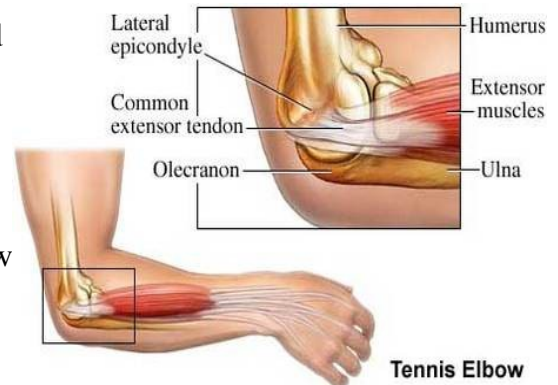


Tennis Elbow

What causes the pain?

Pain over the outer area of the elbow is most often caused by a “wear and tear” (tendinopathy) of the tendon that helps to extend the wrist. Where the tendon inserts on the outside of the elbow can become sore due to repeated movements of the wrist, direct trauma, or a gradual onset from postural problems or weakness. The neck, upper back and shoulder can all significantly contribute to elbow pain by increasing the load on the elbow if they are not functioning correctly. These other factors must be addressed to reduce your pain and also prevent it from coming back.



What can I do to help ease the pain?

- The condition is painful but harmless, the arm should be used as normal during daily activities. This will help the resolution of the tendon.
- Ice over the area to reduce pain and sensitivity. Apply for 10-15 minutes as often as required
- Pain medication can help reduce the pain short term – see you GP for further information or advice
- Physiotherapy can help strengthen the affected tendon to reduce the pain and get you onto the path to recover. Physiotherapy can also help address other structures – such as the neck, shoulder and upper back – that can contribute to the pain.
- Try the exercises below to help reduce the pain.

Wrist extension: Sitting down with your elbow rested. Hold a small can in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 15. Gradually increase the weight of the object you are holding as your pain slowly improves.

Wrist extension (with broom handle): Stand up and hold a broom handle in both hands. With your arms at shoulder level, elbows straight and palms down, bend your wrists slowly upward and lower back down. Do 3 sets of 15.