



TENNIS ELBOW OR LATERAL EPICONDYLITIS

Tennis elbow, or lateral epicondylitis (epicondylosis) is a condition involving the extensor tendons/muscles of the forearm. These are the muscles that bend the wrist back and straighten the fingers. They are active in grip and stabilize the wrist during activity. Pain can occur at the elbow or radiate to the forearm and hand. The most common causes of tennis elbow are overuse of the extensor muscles (due to unaccustomed or prolonged activity) or direct trauma to the elbow area.

TREATMENT

REST Use pain as a guide. You are only aggravating the condition if you continue activity while experiencing pain. Complete rest may be necessary, or modification of activities may help.

ICE Early Stage -use ice (frozen peas, etc,) 2-3 times a day for 10-15 minutes.
- wrap damp towel around your ice, then apply to elbow
- use AFTER work, exercise or activity.

HEAT Later Stage-can be used BEFORE work, exercise or activity.

COUNTERFORCE STRAP - To be worn to decrease the load on the tendons/muscles DURING activity, work or sport. Initially may be worn all day if it is helpful.
- With improvement, can be worn during forceful or repetitive activities. Your therapist will advise you.

ANTI-INFLAMMATORY MEDICATION – May have been prescribed by your Doctor. Continue to take this as prescribed while you are following the physiotherapy program.

PREVENTION AND PROTECTION

Avoid lifting with your arm stretched out and palm down
Avoid prolonged, steady gripping
Avoid holding arm in one position for extended periods of time (eg. Holding a phone, IPAD, IPOD)
Avoid repetitive pinching or gripping especially with the arm stretched out.

Check desk/work area to make it as comfortable as possible. Correct ergonomics are very important. Try switching the mouse of your computer to the non-dominant side.
Use 'tools' to make the task easier
Use two hands instead of one
Recruit help as able

EXERCISES To be prescribed by your therapist. These are most important for a full recovery.

