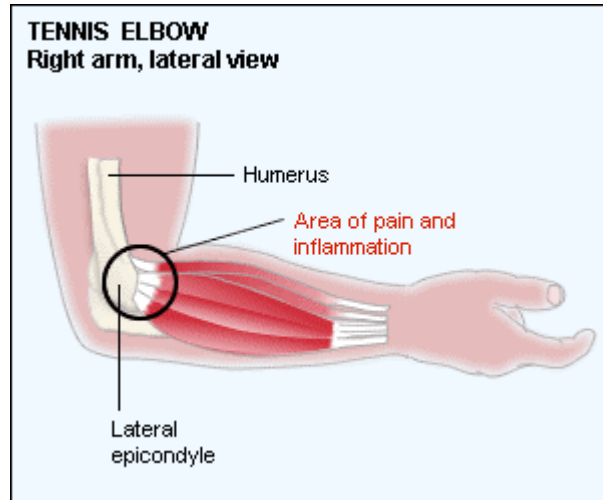


LATERAL EPICONDYLITIS (TENNIS ELBOW)

WHAT IS TENNIS ELBOW?

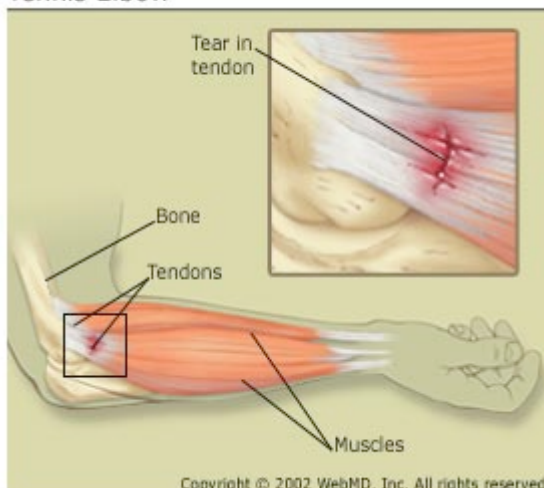
Tennis elbow is tendonitis of the common extensor origin of the elbow. It occurs when there is over-use of the forearm extensor muscles and results in micro-tearing of the forearm extensor tendons. This presents as pain over the outer edge of the elbow.



WHAT ARE THE SYMPTOMS OF TENNIS ELBOW?

- pain over the outer edge of the elbow
- pain typically is worse in the morning, or after periods of disuse
- pain relieves with a short period of use, then worsens again after extended use
- inflammation develops after use of the forearm
- symptoms are relieved with a heat pack
- there may be associated stiffness, pain or tightness in the elbow or forearm region

Tennis Elbow



Tendonitis tends to be quite a persistent condition, and requires rest, stretching and physical therapy to assure healing.

If left untreated, thick, fibrotic scar tissue will develop, making the tendons prone to further dysfunction and tearing.

WHAT IS THE BEST TREATMENT FOR MY CONDITION?

Osteopathic treatment is very helpful in improving tennis elbow. In addition to treatment there are many other things you can do to aid your recovery.

- stretching of the extensor muscles. Ask your Osteopath to show you some appropriate stretches to assist your recovery.
- Rest and Ice. For tendonitis, it is best to rest the arm as much as possible to allow the tissues to heal properly. If you must use your arm, then it is important to ice it after use, to relieve the inflammation. An ice cycle takes 30 minutes – 10 minutes ice on, 10 minutes ice off, 10 minutes ice on.
- Wrist band. This creates a new insertion for the muscle, so that the length it has to stretch over is less than usually. This allows the muscles a chance to heal, while still allowing for some use of the arm.

Lateral Epicondylitis

