



Understanding Tennis Elbow

A Patient Information Pamphlet

Introduction :

We are providing you with important information about Tennis Elbow. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.

Lateral Epicondylitis (Tennis Elbow)



What is Tennis Elbow?

Tennis elbow, medically known as lateral epicondylitis, is a condition characterized by pain and tenderness on the outer part of the elbow. Despite its name, tennis elbow can occur in individuals who don't play tennis but engage in repetitive arm motions.

What are the causes and symptoms?

Causes

Tennis elbow is often caused by repetitive movements or overuse of the forearm muscles and tendons. Activities such as tennis, gardening, painting, or using tools that involve gripping and repetitive wrist movements can lead to the development of tennis elbow.

Symptoms

Common symptoms of tennis elbow include:

- Pain or tenderness on the outer part of the elbow.
- Weak grip strength.
- Difficulty performing everyday activities such as lifting objects or turning a doorknob.

Diagnosis and Treatment Options :

Treatment for tennis elbow typically involves a combination of rest, activity modification, and rehabilitation exercises. Other treatment options may include:

- **Pain-relieving medications.**
- **Physical therapy.**
- **Corticosteroid injections to reduce inflammation.**
- **Platelet-rich plasma (PRP) therapy to promote healing.**

Managing and Preventing Tennis Elbow :

To manage and prevent tennis elbow, consider the following tips:

- Warm up properly before engaging in physical activities.
- Use proper technique and equipment to avoid strain on the forearm muscles.
- Take frequent breaks during repetitive tasks.
- Use ice packs to reduce pain and inflammation after activities. • Incorporate strengthening and stretching exercises into your routine to improve forearm muscle flexibility and strength.



If you have any questions or require further clarification, please do not hesitate to reach out to us.

Email - info@mafs.net.au

Tel - 8840-1400

Website - www.mafs.net.au