

# Tennis Elbow

Tennis elbow (lateral epicondylitis) is a painful inflammation or degeneration of the tendon. Despite its name, the condition isn't only seen in tennis players. It's also seen in other sports and activities that cause repetitive stress on the muscles, such as heavy lifting, and strong gripping.

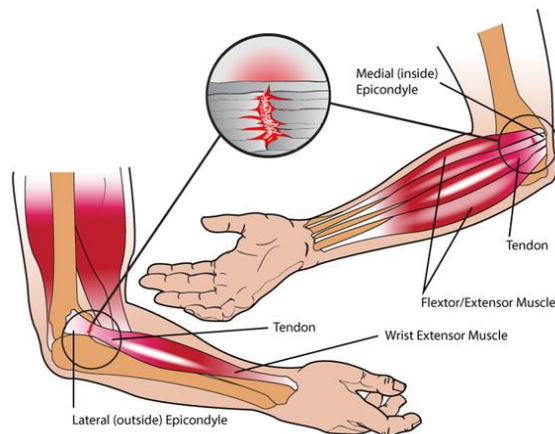
The aim of physiotherapy is to reduce pain through manual therapy, increase movement and strength through progressive exercises, preventing re-injury and return to previous activities.

The injury can be very troublesome to treat, especially if left untreated for a long time and becomes chronic. So it's important to see your physiotherapist for a full assessment.



## Symptoms

- Pain on the outside of the elbow near the bony point
- Pain that may travel down from the elbow to wrist
- Hands feel weak with gripping



# Treatment

Treatment involves reducing symptoms of pain and inflammation through:

- Ice and compression
- Rest and protection
- Splints and wraps can help alleviate pain and manage swelling

Simple exercises can help alleviate pain and build some strength such as the ones below:

1. Stretching: Stretch and hold the position for 30 seconds.



2.



Loading: Holding the weight in that position will gently load the tendon. Hold for 10-15 seconds. Do 10 repetitions, 3 sets.

3. Eccentric control: Assume the position and let the weight slowly drop, controlling the drop. Use your other hand to bring the weight back to the starting position. Do 10 repetitions, 3 sets

