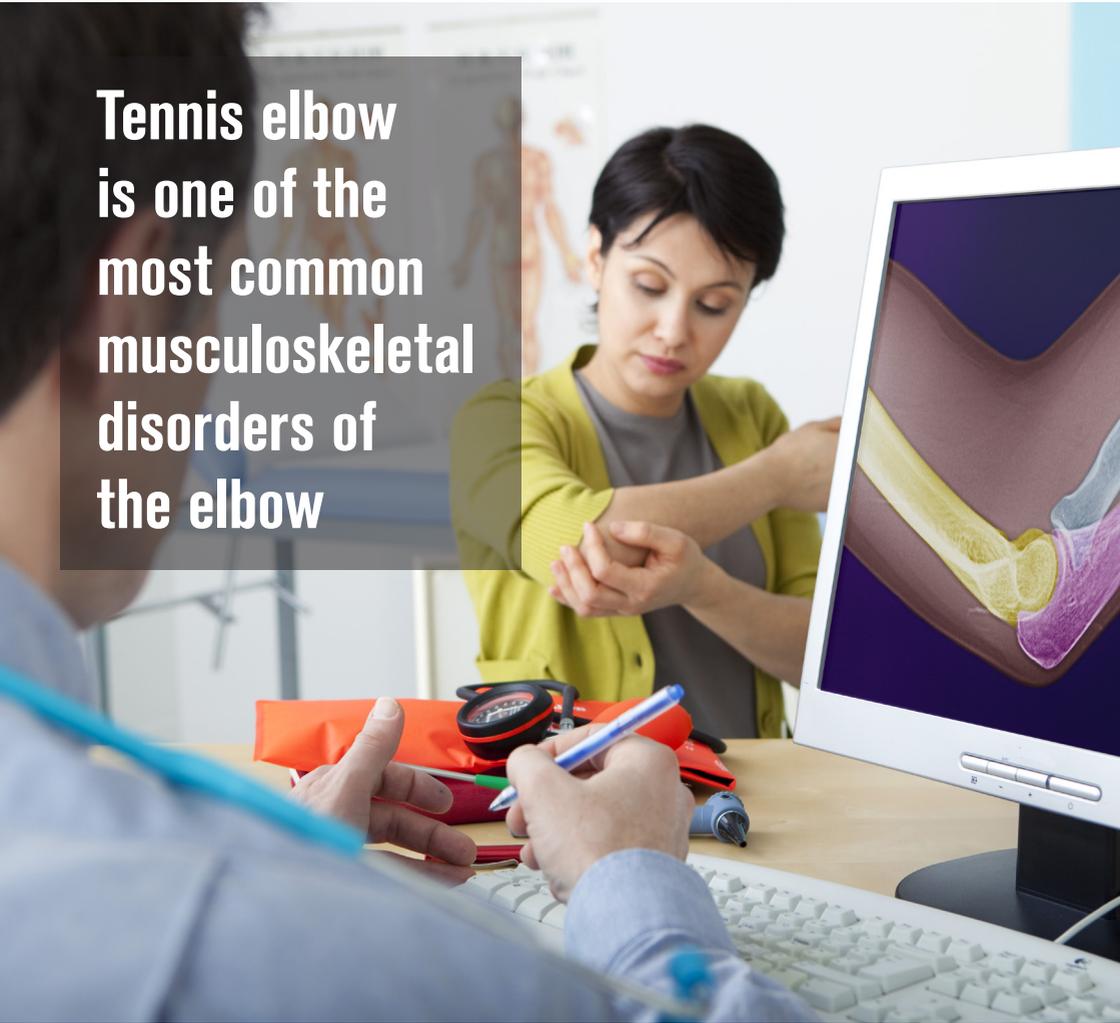


**Tennis elbow  
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the elbow**



## **Tennis Elbow**

Tennis elbow is a condition which causes pain around the outside of the elbow

# TENNIS ELBOW - THE FACTS

## What is tennis elbow?

Even if you've never played tennis, you can develop tennis elbow.

Tennis elbow is one of the most common musculoskeletal disorders of the elbow and is felt on the outside of the elbow where the muscles that extend the wrist connect to a bone called the lateral epicondyle.

In early stages of tennis elbow, the common extensor tendon that connects the extensor muscles to the elbow becomes inflamed. In later stages, this tissue may fray away from the bone leaving behind a "grainy" feeling as small bits of bone are pulled off with the tendon.

## Signs & symptoms

- Pain at the outside of the elbow, which may spread downward into the forearm muscles
- Pain worsens with heavy gripping (force), mild to moderate gripping for long periods of time, or the combination of gripping and moving the wrist/forearm
- Pain with resisted extension of the fingers, especially the middle finger
- Possible pain when the elbow is straight and the wrist is bent downward (flexed)

## Treating tennis elbow

If you have tennis elbow symptoms, use a wrist brace to hold the wrist in the neutral position while sleeping.

During the nighttime hours, our body goes through extensive healing. If we move the wrist during the unconscious nighttime hours, we can rip up the newly formed scar tissue. When you awake, take off the brace and do some light stretching.

- Force - perform gripping tasks with light efforts
- Time - perform gripping tasks for shorter periods of time only
- Motion - avoid/limit combination of forearm/wrist motion while gripping. Handle objects with the palms up, a position that limits work at the wrist extensors and encourages use of the wrist flexors

## Tips to reduce pain

Hold an ice pack (try frozen peas wrapped in a tea towel) to the arm for 15 to 20 minutes every few hours for the first couple of days.

Take over-the-counter painkillers such as Ibuprofen to relieve the pain. Keep your arm raised for as long as possible, for example by resting it on cushions.