

Tennis Elbow

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Tennis Elbow, also termed “Lateral Epicondylitis” is the result of repetitive overuse of the tendons around the outside of the elbow. This leads to pain and inflammation.

Tennis elbow does not only occur in tennis players and can result from other repetitive activities e.g. painting.

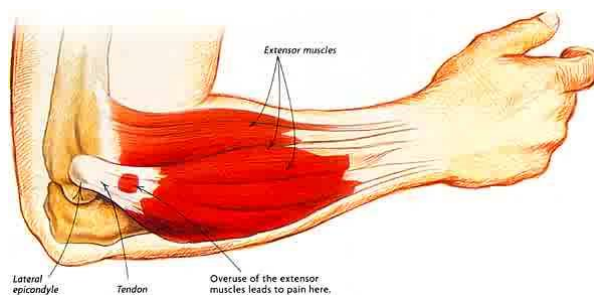
With regards to tennis there can be many contributing factors such as age, frequency of play, general flexibility, racquet (including weight, string tension, grip size, head size) and technique.

It is advised that you see your GP or a physiotherapist to confirm the diagnosis and to identify the contributing factors.

Treatment in the first 48 hours is rest from the aggravating movements, ice packs and anti-inflammatories.

After 48 hours if the symptoms persist then physiotherapy is recommended. A physiotherapist will assess you and identify the cause.

Treatment can include manual therapy, ultrasound, rehabilitation and advice re returning to sport. In some cases acupuncture may be beneficial with the patients consent.



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