



TENNIS ELBOW



What is tennis elbow?

Tennis elbow, also known as lateral epicondylitis, is an overuse and muscle strain injury. The cause is repeated contraction of the forearm muscles that straighten and extend the hand and wrist. The repeated motions and stress may result in inflammation or a series of tiny tears in the tendons that attach the forearm muscles to the bony prominence at the outside of your elbow

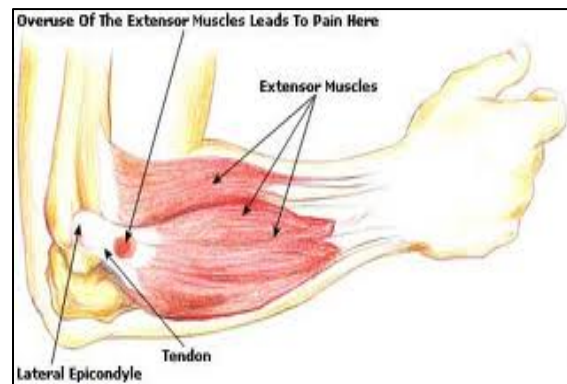


Where does it occur?

Tennis elbow occurs where wrist extensor muscles attach to the bone on the outside of the elbow (lateral epicondyle). Common in tennis players, carpenters, and cooks.

What are possible symptoms?

- Pain and tenderness on outside of elbow and into the extensor muscles
- Pain with resisted wrist extension
- Difficulty shaking hands or turning doorknobs
- Radiating pain from elbow into wrist or hand



How does physical therapy treat it?

- Protect – use of brace, decrease activity, ice
- ROM and stretch
- Strengthen – hand, wrist and forearm
- Manual therapy – stretch, massage, mobilization
- Proper form with sports and postural awareness
- Modalities – electrical stimulation, ultrasound, cold laser

