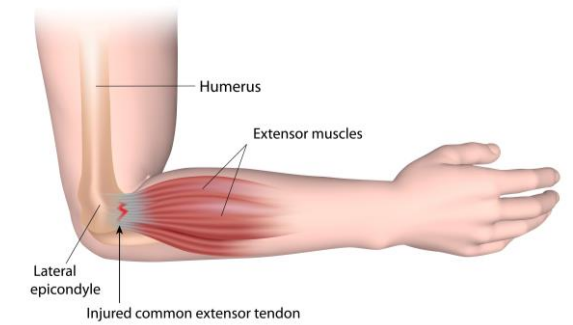


What is Tennis Elbow?

Lateral epicondylitis (tennis elbow) is an overuse injury to the outside of the elbow. It is the inflammation of the common wrist extensor tendon at its attachment to the outer elbow (lateral epicondyle).

Tennis Elbow is a common condition that is present in 40% of tennis players and 15% of people working in repetitive manual trades. Sufferers are generally aged between 35-50 years however it can occur at any age.



Symptoms

- Pain with gripping tasks or resisted finger/wrist extension
- Pain can be reproduced when the wrist extensor muscles are stretched
- Tenderness over the bony epicondyles
- Possible trigger points in the forearm muscles

Causes

Tennis elbow is the result of repeated bending and twisting movements of the arm. It occurs when more force is applied to the tissue than it can comfortably handle.

Common causes include:

- Unaccustomed hand use, eg painting, hammering, excessive typing
- Excessive gripping activities
- Poor technique (eg tennis shot)
- Poor forearm muscle strength
- Tight forearm muscles

Treatment

- Massage and releases
- Dry needling
- Eccentric exercise
- Tape/braces
- Heat or ice
- Electrotherapy



Exercise

Eccentric Wrist Extension

- With affected forearm supported on table or horizontal thigh and wrist over the edge
- Hold a light weight in hand with palm facing down
- Extend the wrist so that the knuckles are in the direction of the ceiling
- Slowly lower the wrist all the way down
- Repeat 3 sets of 10-15 repetitions, 2-3 times daily