

Suggested exercises

Please see one of our highly skilled physiotherapists for an individual assessment and tailored exercise plan.

Elbow Bend



Stand up straight and lower your arm to one side. Bend your arm slowly upwards so your hand is touching your shoulder. Hold for 15-30 seconds. Repeat 10 times

Wrist Turn



Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.

Flexor/Extensor stretch



Hold your arm out in front of you with your palm facing the ground, elbow straight. Bend wrist downward and hold stretch for 20-30 seconds.

Repeat the stretch with the palm facing the ceiling.

Extension with weight



Sit with forearm supported on a chair or table. Hold a 1-2kg weight in hand with the palm facing towards the ground. Bend your wrist slowly upward and then slowly lower to starting position. Perform 3 sets of 10 repetitions.



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Tennis Elbow



Your guide to the signs and symptoms of tennis elbow and how it can be treated and prevented

Information compiled by Lisa Batchelor, Chartered Physiotherapist

What is Tennis Elbow?

Tennis elbow is caused by a strain to tendons in the forearm. An injury can cause a tiny tear to a tendon and lead to inflammation and scarring of the tendon. The tendons become inflamed where they join the bone on the outside of your elbow joint. It is often associated with repeated activities of the hand including; gripping, lifting and carrying or activities such as typing or painting - most cases aren't actually related to tennis or any kind of exercise! Golfer's elbow is a similar condition that affects the inside of the elbow joint.

What are the symptoms?

Symptoms vary - you may have mild discomfort when you move your arm, or the pain may be bad enough to disturb your sleep. The outside of your elbow will feel tender to the touch and there may be swelling. You may also have pain further down your forearm. Repetitive movements of the wrist will make the pain worse, especially if combined with a weight, for example if you're lifting boxes. You may have reduced strength and difficulty gripping objects.

What can be done to help?

Simple self-help treatments are often all you'll need to clear up your tennis elbow. The first thing you can do to help is to adapt any movements that may be causing your symptoms. For example, it can help to lift objects with your palms facing upwards and elbows bent. An ice pack or frozen peas wrapped in a damp tea towel can provide pain relief. Apply to the sore area for up to 15 minutes several times a day.

Painkillers such as paracetamol and ibuprofen, or anti-inflammatory gels may be helpful. You should ask your GP or pharmacist for advice.

Physiotherapy

If your elbow pain is affecting your activity and is persisting, physiotherapy can help you to manage pain and improve your strength and flexibility. A physiotherapist can provide a variety of treatments such as massage, ultrasound and exercises, as well as helping you to understand your problem and get you back to your normal activities. A tennis elbow strap (epicondylitis clasp) may be suggested as they can help to reduce the strain on your elbow whilst doing repetitive movements.

Pain should begin to ease within a few weeks. Continue with exercises for at least 6-8 weeks after the pain disappears to help prevent symptoms returning.

Steroid Injections or Surgery

If the pain does not ease with physiotherapy your doctor may suggest a steroid injection into the tender area. You will need to rest your elbow for 2-3 weeks afterwards and slowly build up your activities to reduce the chance of the tennis elbow returning.

If your symptoms persist for some time and are really troublesome, then a specialist may advise an operation. The most common operation is to remove the damaged part of the tendon, but only a small number of people will require surgery to relieve their symptoms.

Turn over for some simple exercises you may like to try.

References -

Chartered Society of Physiotherapists
CoreConcepts.com

Clinics in Cranleigh, Dorking and Horsham