

## TENNIS ELBOW

### INJURY DESCRIPTION

This is a common condition affecting racquet sports and gripping based activities. The problem arises because the muscles that control the wrist become inflamed. This is usually at the origin of the muscle around the elbow.

The problem is usually related to overuse but a jarring mishap or faulty technique may also precipitate the problem.

Tennis Elbow involves the muscles and tendons that bend the wrist and fingers back. When stresses become greater than the strength of the muscles, the problem begins.

### PREDISPOSING FACTORS

1. Weak muscles and/or muscle imbalances
2. Overuse – excessive amounts of tennis
3. Improper equipment such as grip size or strings too tight
4. Faulty techniques

### TREATMENT

May include

<b>REST:</b>	Partial or total rest from activities that cause pain
<b>ICE:</b>	In the early painful stages, and after activities that use the arm
<b>STRETCHES:</b>	Before and after sports as well as to speed recovery
<b>BRACES:</b>	There are a number of designs that all reduce some of the pressure on the inflamed muscle attachments
<b>PHYSIOTHERAPY:</b>	To settle the pain and inflammation and exercises to retain and strengthen the muscles
<b>SPORTS MEDICINE DR:</b>	For appropriate tests proper diagnosis and treatment that may include Anti-Inflammatory Medication or creams, or possibly Cortisone injections to assist other treatments in settling inflammation
<b>SURGERY:</b>	Is rarely required and only for resistant cases