

FACTSHEET



TENNIS ELBOW

WHAT IS IT?

Tennis elbow occurs when the tendons in the extensor muscles of the forearm become overworked and irritated.

This might be due to repetitive arm motions such as tennis, golf, or plumbing; a sudden increase in activity level or improper techniques; weak or imbalanced muscles; hormonal changes such as a drop in estrogen which can affect tendon and ligament integrity



SHORT TERM MANAGEMENT

Pain Management:

Resting the affected arm and avoiding activities that exacerbate symptoms combined with the use of anti-inflammatory drugs (NSAIDs) is essential for initial relief.

- Applying an ice pack to the elbow for 15-20 minutes several times a day, after activity can help reduce swelling and inflammation.
- Shockwave
- Laser therapy

Load Management:

- Modify movements (such as using different grips or taking breaks) to reduce strain on the elbow.

Hands on Treatment:

- Massage for areas of tightness
- Mobilisation for areas of stiffness
- Taping to help offload or stabilise contributing areas

LONG TERM MANAGEMENT

For long-term management of tennis elbow, the focus is on promoting healing, preventing recurrence, and restoring strength and flexibility in the elbow and forearm.

At home exercise

- Strengthening exercises that focus on the forearm muscles to improve tendon resilience and prevent further injury. These may include eccentric strengthening exercises for the wrist extensors
- Gentle stretching can help increase flexibility in the elbow, wrist, and forearm muscles.

Healing time frame:

Can vary depending on severity and treatment adherence, from several weeks to anywhere from 6mths to 2 years if left untreated