CK Sports Injury Clinic

Enjoy treatment in the comfort of your own home - book an online appointment TODAY.

Tennis elbow.

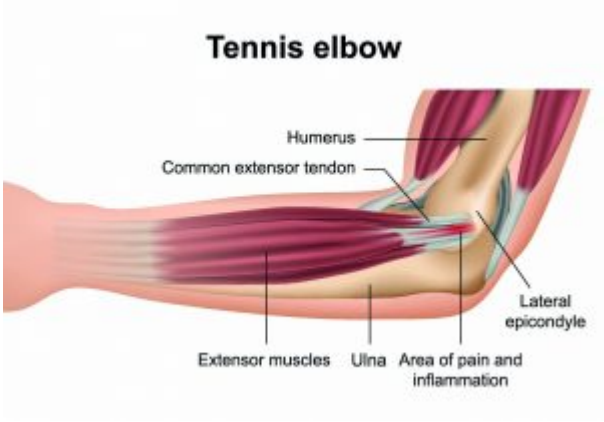


Anatomy of the elbow

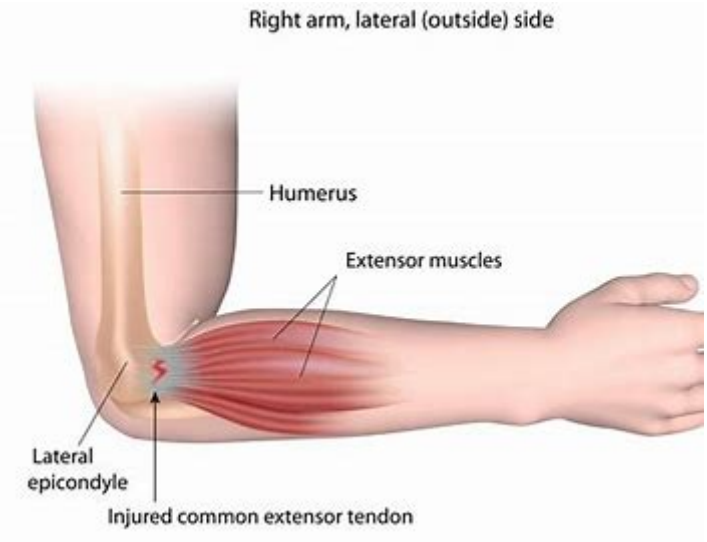
The elbow is a hinge joint made up of your ulna (forearm bone) and humerus (upper arm bone). Running along the humerus is the bicep muscle; this bends your elbow, and the triceps muscle which straightens your elbow.

Along the forearm, on the top of the bone, is a group of muscles, collectively known as the extensor muscles. These muscles pull the back of the hand up towards the back of the forearm.

The extensor muscles attach at the elbow to the lateral (outside) epicondyle (the knobbly bit of the end of the upper arm bone) via the common extensor tendon. Tendons attach muscles to bones, while ligaments attach bones to bones. One of the medical names for tennis elbow is lateral epicondylitis.



Alon



Causes

Tennis elbow (lateral epicondylitis) is a painful condition that occurs when tendons in your elbow are overloaded, usually by repetitive motions of the wrist and arm.

Despite its name, athletes aren't the only people who develop tennis elbow. Activities such as:

- Sports such as tennis, badminton, squash or throwing discus
- Using paint brush while painting the walls, carpentry activities, sculpture making, typing and writing
- Wear and tear due to age
- Wringing clothes after washing them

Symptoms

Major symptoms include pain in the arm when there are movements like:

- Lifting an object (pains even when picking a sheet of paper)
- Writing or holding a cup
- Turning the wrist while opening the car door or opening a jar
- Pain or stiffness when you stretch your hand
- Severe cases may require help in wearing shirts and combing hair

Treatment

Treatment for all tendons is pretty much the same:

- **OFFLOAD** – temporarily modify or cease the activities that irritate the tendon so it has a chance to settle down;
- **REHABILITATION** – identify and correct any underlying biomechanical issues, determine loads that can be tolerated without causing an increase in pain and start working on them (this is where we can be of most help after a thorough assessment);
- **STRENGTHEN** – progressively increase resistance to the exercises, strategically progressing the type and amount of loading, working towards your personal outcome;
- **RECONDITION / MANAGE THE RETURN TO LOAD** – gradual return to the activity that likely caused the overload in the first place; improve the condition of the musculoskeletal performance to avoid a repeat of the injury.

We can help you

Contact us to make an online or in clinic appointment. With early injury management, we can progress you safely and quickly through the exercise

rehabilitation and conditioning to return you to your activity as quickly as possible.

You can contact us today:

Tel: +44 (0)77 863 34567

Email: info@cksportsinjury.co.uk

Or visit our website and click on the ‘Contact Us’ button.

Don’t put up with pain and movement impairment. Let us get you pain free and able to enjoy life once more.