

# Elbow pain: Tennis Elbow

Management and Care for your  
elbow pain

## Management and Prevention

### What is it?

Is it pain or soreness along the outside of the elbow. It occurs when the tissue around the area becomes irritated from constant movement of the hand, wrist, or forearm. The term “Tennis Elbow” is used to describe this pain, as people in racquet sports can have this problem. Although, activities such as knitting, gardening, and computer work can all cause “Tennis Elbow”

### What are symptoms associated with Tennis elbow?

Common signs of Tennis Elbow include sharp or dull / achy pain along the outside of the elbow. This pain can sometimes move into the forearm. Pain increases with lifting or gripping objects, making a fist, or moving your wrist or hand.

### Management

You can treat Tennis elbow by:

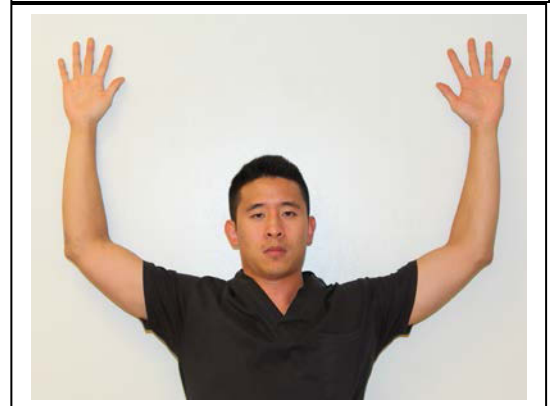
- Controlling pain
  - o Ice – Use Ice on your elbow for 15 minutes 2-3 x daily to help with the pain.
  - o Elbow straps can help with the tension in your elbow to help with the pain.
  - o Use medicine as directed by your Doctor.
- Activity Modification
  - o The way you sit can also cause your pain.
  - o Try sitting with shoulders over your ears and your wrist in a straight position.
  - o When using your elbow, squeeze your shoulder back to give your elbow more support.

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- Activity Modification
  - o **Make sure all activities below are done with the wrist straight**
  - o Desk / Computer work – Change your pen, mouse or other tools as needed to make the grip larger and soft.
  - o Tools – Use power vs hand tools to limit stress to your elbow.
  - o Lifting objects – Use both arms to even out the weight when lifting. Keep items close to your body when lifting.
- Return to activity
  - o Recovery time can vary. It is important to follow the exercises and the advice given. .

Here are some of the most recent and best exercises:



- Place your back and your elbow flat against wall. Gently glide your arms up wall and down the wall. (If your elbows do not touch wall, drag your fingers on the wall). Repeat 20 times 2 x day

### **Exercises :**

A lot of exercises exist to treat tennis elbow.

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- Lie on your stomach as shown above. Slightly squeeze your shoulder blades and lift your elbows off the table / bed. Hold for 5 seconds. Repeat 20 times 2 x day



- Hold your arm out and bend your hand down. With the other hand, apply pressure to stretch out wrist / elbow. Hold for 30 seconds. Repeat 3 times – 3 x day.