

Do you have elbow pain? It could be TENNIS ELBOW

What is tennis elbow?

Tennis elbow, or common extensor tendinopathy as it is officially called, is an over use injury to the tendon on the outside of your elbow. It is caused from excessive loading of wrist extension or pulling your wrist back. Although associated with playing tennis, it is actually more common in people who don't play tennis and is associated with activities such as bricklaying, carpentry, sewing, knitting, weightlifting and badminton.

What are the signs of tennis elbow?

Tennis elbow generally starts gradually and is associated with noticing a pain on the outside of the elbow 24 to 72 hours after an activity. It is usually associated with commencing a different activity, doing more than normal levels of a certain activity or changing tools or racquets associated with that activity.

Most people will find their pain is associated with lifting objects such as milk from the fridge or lifting a coffee cup. They may also find pain with trying to grip objects and may feel weaker with grip strength.

What should I do if I think I have tennis elbow?

The first thing to do is to stop the aggravating activity. Continuing to do the activity with tennis elbow may lead to further injury and possible microscopic tears within the tendon. Following this, early treatment is beneficial so call Central Physio Bayswater to make an appointment with a physiotherapist to assess, diagnose and commence early treatment on your elbow.

What is the treatment for tennis elbow?

Unfortunately, there is no one injection, tablet or surgery that can be done to correct tennis elbow. Instead your physiotherapist will take a combined therapy approach including stretching, massage, mobilisation, taping and a tendon loading program. These treatments in combination have been shown to be superior in the long term to corticosteroid injections and other forms of invasive treatments.

If your physiotherapist feels you also require further medical intervention or scans, they will liaise with your GP to make sure you receive the most appropriate treatment. Your physiotherapist will then work with you to arrange a graded return to your previous activities whilst addressing any predisposing factors for tennis elbow.

If you think you have tennis elbow, call Armadale Central Physio on 9399 5020 for an assessment and diagnosis