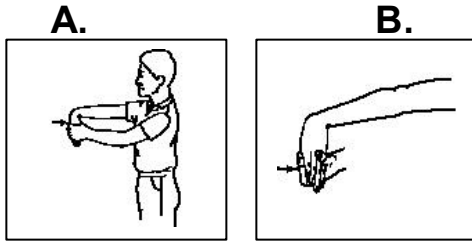
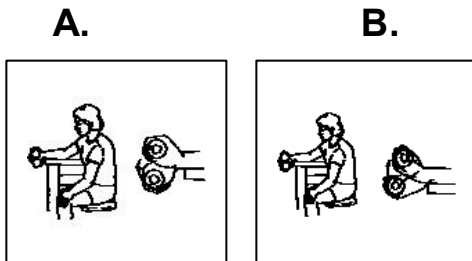

TENNIS/GOLFER'S ELBOW



1. Hold wrist and arm as shown
2. Bend wrist until you feel a stretch
3. Hold 20 seconds
4. Do 5 repetitions, 3 times per day



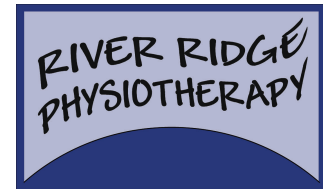
1. Sit or stand with arm supported as shown
2. Hold 2 lb weight in hand
3. Curl wrist slowly upward
4. Hold 2-3 seconds, slowly lower
5. Do 30 repetitions, 2 times per day
6. If the weight is too heavy or too light adjust accordingly



1. Stand holding a hammer or weighted stick in hand, make sure thumb is pointing forward
2. Raise hammer upward as shown
3. Hold 2-3 seconds, slowly lower
4. Do 30 repetitions, 2 times per day



1. Hold a rubber ball as shown
2. Squeeze as firmly as you can
3. Hold 5 seconds
4. Do 20 repetitions, 2 times per day



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Tennis/Golfer's Elbow

Injury description

These conditions affect many racquet sport players and golfers, both amateur and professional. Although most common in these sports, the problem can occur whenever the arm is used extensively.

Pathology

Tennis elbow is an inflammation of the muscles and tendons, which extend the wrist and fingers. This large group of muscles starts from a very small area of the bone just above the elbow. Problems arise when forces become greater than the strength of the muscles. Pain occurs on the outside of the elbow.

The same thing happens with golfers elbow except that it involves the muscles that flex the wrist and fingers. This group of muscles starts from a small area of bone above the elbow on the inside of the arm. In golfer's elbow pain occurs on the inside of the elbow.

You will feel pain when you use the muscle/tendon that is inflamed. This might be during your sport, but as it gets worse, you may feel it during daily activities as simple as lifting a glass.

Predisposing Factors

1. Weak muscles and/or muscle imbalances
2. Overuse
3. Equipment - improper equipment may aggravate the condition.

Treatment

Modified Activity

Use pain as your guide. You are only aggravating the condition if you are playing in pain. When it is very painful avoid using your arm for anything (opening doors, shaking hands).

Ice

Ice your elbow several times a day for 15 minutes in the early painful stage. Always ice for 15 minutes after any activity using your arm.

Stretching

Stretching the inflamed area will help to prevent stiffness and/or help to breakdown any scar tissue that may have developed.

Physiotherapy

Initially the physiotherapist will work to reduce the inflammation in your arm. Later they will strengthen the muscles to protect the inflamed area and prevent the injury from happening again.

Medication

Your doctor may prescribe an anti-inflammatory drug to help reduce inflammation.

Braces

There are several braces or supports for this problem. The brace relieves the pressure on the inflamed tendon. Initially worn at all times except at night, later it will only be necessary for activities using your arm.

Recommendations

Sports

When you go back to your activities it is important to go back slowly.

Equipment - Newer composite racquets and clubs can be easier on your arm. Less stiff shafts and frames are usually better if you are having problems. Grip size and string tension may have to be adjusted. Lower tension on your strings is usually easier on your elbow. Your local professional may be able to advise you on this.

The Stroke - In tennis the backhand is the main culprit. The overhand smash and serve can also be damaging. When returning to sport try to avoid the shots which aggravate the problem. A lesson may be necessary to alter your strokes.

The Game - When returning to your sport take it easy. Slowly increase the frequency and intensity of your play.

Tips

- Treat the problem early. It is easy to treat then as opposed to when it turns into a chronic problem.
- Avoid the work that caused the problem initially and slowly increase the work as the pain and inflammation are better.
- Maintain a stretching and strengthening program to prevent recurrence

Exercises

Take some time to do the attached exercises. This will help you to treat the problem thoroughly. (A.=Tennis elbow, B.=Golfer's elbow)