Tennis & Golfer's Elbow
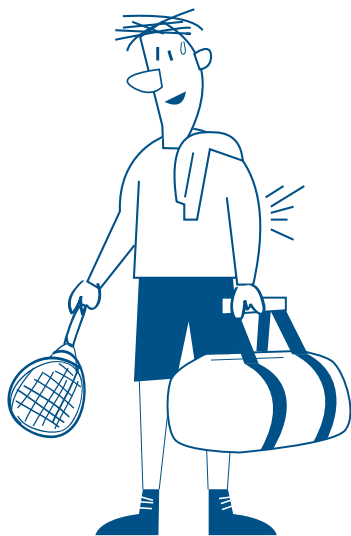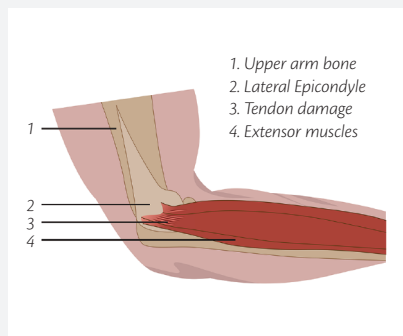
The conditions

- Tennis Elbow also known as Lateral Epicondylosis
- Golfers Elbow also known as Medial Epicondylosis

+ Rehab **+** Pilates **+** Physio **+** Injury Prevention **+** Gym

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Tennis Elbow

1. Upper arm bone
2. Lateral Epicondyle
3. Tendon damage
4. Extensor muscles

1
2
3
4

Tennis elbow is associated with pain on the outside of the elbow.

About the conditions

The development of elbow pain, both on the outside of the upper forearm (Tennis elbow) and on the inside of the upper forearm (Golfers elbow) occurs through overuse of the muscles, leading to irritation and inflammation where the muscle joins the bone. It is usually caused by repetitive motions of the wrist and arm.

Tennis elbow is most commonly seen in people whose jobs or tasks involve repetitive wrist movements, gripping activities or vibration, such as chefs, plumbers, painters, carpenters and butchers – and also in sports that involve gripping (not just tennis!). Any repetitive hand, wrist, or forearm motions can also lead to the onset of Golfers elbow. It is also known as 'Pitcher elbow' as it is common in sports such as tennis, baseball, and bowling.

What we can do to help

- We use gentle joint mobilization to free the affected joint, and sometimes the neck and upper back.
- We use massage and /or acupuncture to relieve the strain on nerve structures and muscles to promote healing.
- We advise you on activity modification if needed.
- We give you exercises to stretch and strengthen the affected muscles and nerve tissue around the elbow.
- We tape or brace your elbow to support the structures and reduce pain – keeping you active and maintaining your daily activities. Longer term, we assess your arm and shouder muscle balance, and advise on exercises to limit recurrence.
- We can refer you for further tests or to other health professionals to help with your treatment if required.

Your local Active+ clinic:

0800 22 44 86   **www.activeplus.co.nz**

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