

Tennis Elbow (Lateral Epicondylitis)



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This information leaflet has been produced by Senior Physiotherapists working at the Queen Victoria Hospital NHS Foundation Trust.

'Tennis Elbow' is the commonly used name for 'lateral epicondylitis', or pain in the outer part of the elbow where a group of muscles called the wrist extensors share an attachment.

Symptoms

- Pain on the outer part of the elbow, particularly with gripping, lifting and twisting
- Tenderness to touch over the lateral epicondyle (prominent bone on outside of elbow)
- Stiffness in the morning

Causes

Anyone can develop tennis elbow, it is an overuse injury caused by repeated or prolonged gripping or twisting activities.

Pain management

Anti-inflammatory medication (tablets or topical gel) can help with the symptoms. Your GP can advise and prescribe the appropriate medications.

Applying an ice pack for twenty minutes can help reduce the inflammation and pain in your elbow.

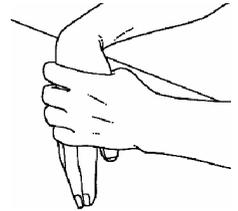
Exercise

Exercises aim to increase the strength of the extensor tendon. If you have used ice, allow 30 minutes before exercising. Although there may be some discomfort during the exercises, they should not cause an increase in overall pain.

Forearm supported on a table with your elbow straight, hand over the edge and palm facing down.

Let your hand drop down and towards your little finger. Gently assist the movement with your other hand. Hold 20 seconds.

Repeat 3 times.

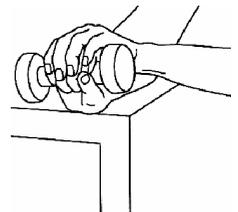


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Forearm supported on a table with your hand over the edge and palm facing down. Hold a 2kg weight.

Bend your wrist up assisting with the other hand. Slowly lower your hand down without assistance from the other hand.

Repeat 10 times, 2 sets.



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Ultrasound (electrotherapy), massage, joint mobilisation, specific rehabilitation and taping can all help to speed up your recovery from tennis elbow.

Useful hints

- Take regular breaks from activities involving repeated wrist or hand movements
- Avoid lifting heavy objects with your arm straight
- Avoid repeated gripping activities or reduce the load or weight you are gripping
- Wear thick gloves or add padding where possible when using tools to reduce tension and impact
- Apply grip tape or padding to golf clubs, tennis rackets etc

And finally...

If you have any queries regarding this information or the exercises provided, please contact the

Physiotherapy Department: Tel - 01342 414004

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Please ask if you would like this leaflet
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Physiotherapy

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