



Tennis Elbow

Tennis Elbow usually presents as pain over the outer bony part of the elbow. Pain can build up slowly as a result of over use or repetitive movements or it can be caused by trauma.

The pain is usually worse if the wrist is bent backwards especially if this is combined with a rotation of the forearm, turning the palm of the hand towards the ceiling.

Racquet sports involve this action hence the term "tennis elbow".

Occupational stresses can also be the cause, for example, hammering, painting, keyboard work, or using spanners. Pain is usually worse when small objects are gripped.

With most problems caused by overuse, the ache can subside when the stressful activity is discontinued. As the condition progresses however pain can even occur at rest.

At The Wye Physiotherapy Practice we can help by treating tennis elbow with a variety of modalities. Rest and ice to the area initially will boost the healing process. Strapping the upper forearm helps to redirect the angle of pull of the tendons. Stretches, massage and mobilisation techniques can also help to reduce the pain. We have found Acupuncture to be most effective in some cases.

If the problem is related to a particular sport we can advise on training modifications. Altering the size of the grip on your racquet can be beneficial.