

# Tennis Elbow

## What it is and What You can do About it

### General Information on Tennis Elbow:

- Tennis elbow, medically termed “lateral epicondylitis” is a condition of irritated tendons that attach to the outer elbow region that primarily function to extend the wrist.
- Prolonged or repetitive use of the wrist and hand is the most common cause and lateral epicondylitis often occurs in those who do not play tennis. Gripping, twisting or carrying objects may lead to irritation over a prolonged period of time.
- Symptoms include: pain described as “achy” or even “burning” that may radiate from elbow to forearm or wrist, pain when gripping object or opening lid, stiffness in the elbow and weakness with wrist movements or in grip strength. Symptoms usually develop gradually.
- Prevention: proper technique/body mechanics at work or playing sport, using properly sized and adjusted tennis racquet, avoiding excessive frequency or repetition in activity and maintaining arm and core strength.



### Physical Therapy Can Help You By:

- Relieving pain and promoting healing with ultrasound, cold laser therapy, ice and manual techniques
- Recognizing strength and flexibility deficits that may be contributing to improper body mechanics.
- Developing a complete plan for strengthening and stretching muscles in the hand, wrist, shoulder and core.
- Recommending orthotics or braces to help in your recovery as your tendons heal.

### Exercise Example to try:

- Wrist Extensor Stretch (pictured above, right): Standing or sitting with affected arm straight in front, palm down and wrist bent, use the unaffected arm to put force on the backside of hand and stretch affected wrist further into bend. Hold 30 seconds, repeat 4 times. Complete this exercise twice daily.

**REGAIN**  
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