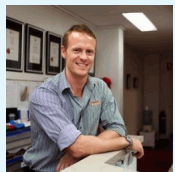




David Rose

Tennis elbow or Lateral Epicondylitis

WHAT : Musculoskeletal disorder characterized by lateral elbow pain often associated with gripping tasks. Tennis elbow occurs when there is a problem with the tendons that attach to the outside of the elbow. Specifically, the extensor carpi radialis brevis has been implicated in causing the symptoms of tennis elbow. This muscle attaches to a part of the elbow bone called the lateral epicondyle, thus giving tennis elbow the medical name 'lateral epicondylitis. ' Tennis elbow is not simply an "inflammation" of these tendons. The problem is thought to be a degenerative process as a result of repetitive use. This process occurs when microscopic tears are incompletely healed within the tendon.



Jordan Chapman



Jean Munday



Mary Cox



Lynda Jones



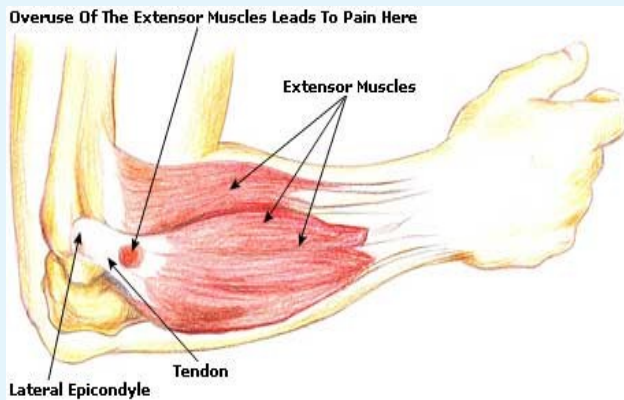
Callum Miller



Greg Stewart



Kathryn Bell



Risk Factors:

- ◆ Over 40's; peak
- ◆ Physical work including strong gripping actions in the hand, repetitive elbow movements
- ◆ Men > women
- ◆ Usually affects the dominant arm

Symptoms

- ◆ Pain over the outside of the elbow
- ◆ Pain with gripping, even minor weights
- ◆ Weakness with shaking hands
- ◆ You will often ignore this discomfort thinking " it will get better and go away"
- ◆ Swelling in the outside of the arm
- ◆ Weakness in the elbow, wrist and hand

Physiotherapy Management

Stage 1: Stop it getting worse

Stop the aggravating factors. The "no pain no gain" theory **doesn't work here.**

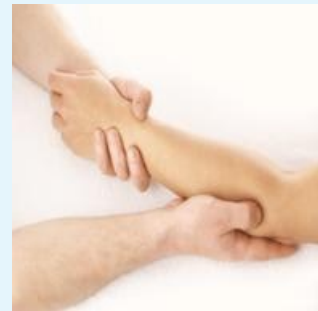
Often this involves careful thought regarding the possible aggravating factors such as repetitive gripping, forceful elbow movements and easing back or stopping these activities

Accurate assessment and diagnosis of the issue is essential. Other potential complicating factors can include cervical spine (neck) issues, nerve injuries (radial or median nerve) and shoulder injuries.

Stage 2: Rehabilitation:

Timeframes are dependent upon the time the symptoms have been present before treatment is initiated. Our management includes:

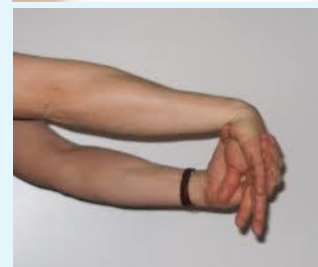
- ◆ Manual Therapy
- ◆ Stretches
- ◆ Strengthening
- ◆ Electrotherapy
- ◆ Use of braces



Stage 3:

Return to Activity

Back to work, sport, life!



Stage 4: Prevention of recurrence

Any questions: Call our friendly professional team to discuss how we can help you.



Staff Profile :Jean Munday

1. Hails from: *Melbourne*
2. Physio interests: *Preventing injuries (to me)*
3. Favourite sport team: *Cowboys*
4. Something people don't know about me: *just about to turn 39*
5. Favourite food: *Red Wine On Friday avo's*