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THIS INJURY IS MOST
COMMON IN AGES
BETWEEN 35-50. ONLY
5% SUFFERING FROM
THIS INJURY RELATE IT
TO PLAYING TENNIS.

”



Contact us

Let us help with your tennis
elbow.

NORTH

Pursuit of Motion Physiotherapy
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WEST

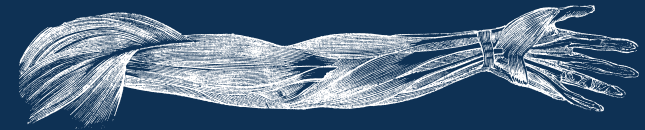
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Lateral Epicondylitis (Tennis Elbow)

Do you notice pain on the outside
of your elbow and forearm?
Epicondylitis refers to painful
inflammation of tendons
surrounding your elbow.

ABOUT TENNIS

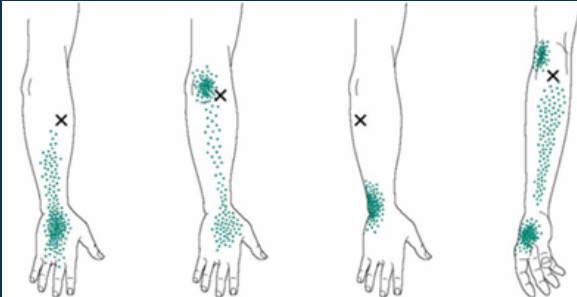
ELBOW

HISTORY

- Repetitive strain injury
- Repetitive computer use
- Heavy lifting
- Forceful forearm rotation (using tools).
- Sports such as squash, badminton, swimming, baseball.
- Seen in electricians, carpenters, gardeners and desk jobs.

SIGNS & SYMPTOMS

- Pain along outside of elbow and forearm.
- Can radiate into wrist and hand.
- Impacts range of motion/mobility.
- Weakness carrying objects.
- Altered grip strength.
- Scapular pain with prolonged cases (>1 year).



ANATOMY

This condition involves the inflammation of the wrist extensor tendons that originate along the lateral epicondyle of the humerus. Repetitive contractions or manual tasks can put excessive demands on these tendons, which causes inflammation and the resulting symptoms.



1) Pain Management

Use **Myofascial Self-Release** to target areas of tightness around the elbow and forearm. Using a hard ball, press into areas of tightness around the outside of the elbow and forearm and hold until the soreness dissipates. Move onto the next sore spot, and repeat as needed.

If symptoms persist, be sure to follow up with a physiotherapist.



3) Strength

Perform **wrist extensor strengthening** by sitting and resting your forearm on your thigh with your palm facing downward. Holding a light weight, slowly curl your hand upwards, and then slowly return it to the starting position. Repeat 10 times for 3 sets, keeping the forearm in contact with the thigh.



2) Mobility

The **wrist extensor stretch** begins by extending your arm straight out with the palm facing down.

Slowly bend your wrist downward as far as comfortable, and use your other hand to gently pull the hand back further until you feel a stretch. Hold the stretch for 10 seconds, repeating 3 times.



4) Functional/Sport

Once pain is managed and mobility and strength are improved, you can return to activity and sport.

Pushups can be performed from your feet or knees with your hands in line with your shoulders.

Slowly move your body forward in a pushup position until you are just above the ground, and then push yourself back up. Perform these until fatigue for 3 sets.

