

Westwood Massage



Tennis Elbow

This is a condition that causes pain to the outside of the Elbow Joint (also known as the Lateral Epicondyle). It is a tendon injury involving the extensor muscles of the forearm, it is a chronic (long term) condition caused by damage to the tendon and the deterioration of the collagen in the tendon. Despite its name only 5% of cases relate to too much tennis!

Causes

It is a type of repetitive strain injury caused by constant overuse. Repetitive actions that occur over a course of time cause the tendon to become damaged and inflamed and if the arm is not rested the injury does not have a chance to heal.

Symptoms

- Pain to the outside of the elbow joint, this can also include pain just below the elbow into the muscle (Extensor Carpi Radialis Brevis!) and above the elbow going up the back of the forearm.
- Pain is also felt when trying to grip and lift objects

Treatment

- Stretch – I have attached a copy of stretches to help release the muscles, try to do these at least twice a day, repeating each stretch 3 times and hold for up to 30 seconds. Only do what feels comfortable to you there should be no pain when doing this
- Heat – If you have a hot water bottle or heat pack try applying this to the affected areas for 10 minutes twice a day, the heat will help to relax the muscles. The heat will encourage localized blood flow to the area bringing with it oxygen and nutrients and removing waste products this will help your body to heal itself.
- Ice – If there is any inflammation in the area try applying a cold pack twice a day for up to 5 minutes at a time (this can be done in addition to heat application). Ensure you wrap the ice pack or frozen peas whatever you are using in a tea towel first to prevent ice burns. The application of ice helps to remove any inflammation that is present.
- Self Massage – If you have tennis ball, Massage ball or something similar at home try doing some self massage with this into the forearm, tricep and Bicep to try and release the muscles.

Be fairly gentle with this as it is a bony area and only do up to 10 minutes at a time. You can repeat this twice a day.

- Rest – The best thing you can do for tennis elbow is to try and rest the area from the activity that is causing the overuse.



Wrist turn with weight

Repeat the exercise while holding a light weight (e.g. a tin of beans).



Elbow bend

Stand up straight and lower your arm to one side. Bend your arm slowly upwards so your hand is touching your shoulder. Hold for 15–30 seconds. Repeat 10 times.



Wrist lift

Bend your elbow at a right angle. Hold a light weight (e.g. a tin of beans), palm up. Bend your wrist slowly towards you. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.



Wrist flex

Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15–30 seconds. Do 3 sets with each wrist.



Wrist turn

Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.