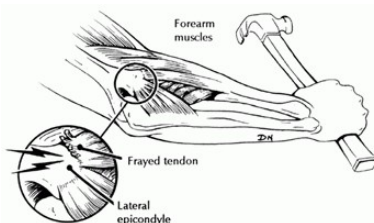


# THE BASICS 540.985.0500

## » The Truth Behind Tennis Elbow



"Tennis elbow", or lateral epicondylitis, was first discovered over 100 years ago, and is named because it can severely restrict the careers of tennis players. Today, nearly one half of all tennis player suffer (or will suffer) from this injury at some point.

Did you know you don't have to be a tennis player to suffer from tennis elbow? Surprisingly, less than 5% of all reported cases are actually tennis players.

Tennis elbow is caused by either abrupt or subtle injury of the muscle and tendon area around the outside of the elbow. It specifically involves the area where the muscles and tendons of the forearm attach to the outside bony area (called the lateral epicondyle) of the elbow.

Tennis elbow most commonly affects people in their dominant arm (that is, a right-handed person would experience pain in the right arm), but can also be in the non-dominant arm. Symptoms to look out for: If you have tennis elbow, you will have pain on the outside part of the elbow that is worsened by grasping/grabbing objects and bend wrist backwards.

The most common symptoms of tennis elbow are:

- Pain over the outside of the elbow
- Pain when lifting objects
- Pain into the forearm, usually gradual onset
- Pain is worse when shaking hands or squeezing objects, stabilizing or moving the wrist with force. Examples include lifting, using tools, opening jars, or even handling simple utensils such as a toothbrush or knife and fork.

Most individuals with tennis elbow are between the ages of 30 and 50 years old, and it affects about an equal number of men and women. Tennis elbow occurs in the dominant arm in about 75 percent of individuals. Although this injury typically affects tennis players, it can affect other athletes and people who participate in leisure or work activities that require repetitive arm, elbow, and wrist movement.

Examples include golfers, baseball players, bowlers, gardeners or landscapers, house or office cleaners (because of vacuuming, sweeping and scrubbing), carpenters, mechanics, and assembly-line workers.

## » Your Best Pain Relief Strategy

The best way to relieve tennis elbow is to STOP doing anything that causes pain. This is simple for the weekend tennis player, but not as easy for the manual laborer, office worker, or professional athlete.

The most effective conventional treatments for tennis elbow have the same basic premise:

- Rest the arm until the pain disappears
- Gradual flexibility and strengthening exercises to strengthen the area, restore muscle balance and prevent re-injury.
- Always warm up your arm for at least 5 to 10 minutes with gentle stretching and movement before starting any activity.
- Take frequent breaks during any activity.



Re-injury is inevitable without adequate rest, so err on the side of caution. Be mindful of your pain levels. You may need a physician if pain or swelling increases despite rest.

## » We Can Help With Tennis Elbow

To reduce the pain and inflammation of tennis elbow:

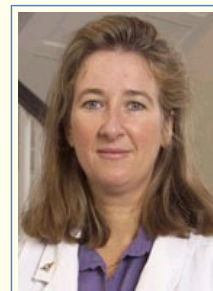
- **Schedule a consultation with us, and follow our exercise prescription.**
- Rest and avoid painful activities
- As needed, apply ice to the affected area for 10-20 minutes, but not longer
- Your physician may recommend pain medication, follow all instructions as provided by your doctor.
- After careful evaluation and consideration, we may recommend a counter-force brace, an elastic band that wraps around the forearm just below the injured elbow (tendon). This may help to relieve pain in your case. **Schedule a consultation with us, so we can help you determine the best course of action for you. Ask us how to use the brace to best help with your activities.**



Overall, 90% to 95% of people with tennis elbow will improve and recover with the treatment plan described. We can help you recover and assist in pain relief. Keep in mind, that

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Francine Noel-Ford, DPT

[Back to Basics Family Physical Therapy](#)

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### Patient Testimonial

The staff at Back to Basics was very friendly and knowledgeable about therapy. They were always willing to listen and help with my progression in therapy. My neck pain is 99% better than when I came back in August. Now it is up to me to use what I learned. P. Murdock.

### Do you need Physical Therapy?

If you have any of the following conditions we can help!

Tendonitis/ Bursitis  
Sprain/ Strain  
Jaw, Neck, or Back Pain  
Tension Headache  
Pelvic Pain/ Incontinence  
Lymphedema  
Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

### ANNOUNCEMENTS

**Pre/Post Natal Classes have now started. Please call 540.985.0500 to register.**

**We are now offering extended hours.**

**Please join us for our annual Physical Therapy Month Open House to learn about our PT services. We will have chair**

about 5% of people may not get better with conservative treatment and will need surgery to repair the injured muscle-tendon unit around the elbow.

The good news is - For 80% to 90% of people who have surgery, it results in pain relief and return of strength. **Call us if you have any questions, we are always here to help you.**

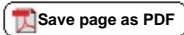
**massage, balance checks,  
posture checks, blood  
pressure checks,  
refreshments and much more.  
October 29th from 5-7pm.**

REFER A FAMILY MEMBER OR  
FRIEND AND RECEIVE A FREE 1/2  
HOUR GIFT CERTIFICATE FOR A  
MASSAGE!

***(MUST BE A PREVIOUS PATIENT)***



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