

## PROVIDING SPECIALISED TREATMENT FOR

- IMPINGEMENT
- ROTATOR CUFF DISEASE
- INSTABILITY
- FROZEN SHOULDER
- OSTEOARTHRITIS
- POSTURAL DYSFUNCTION
- DISLOCATIONS
- FRACTURES
- CARPAL TUNNEL SYNDROME
- DE QUERVAIN'S TENOSYNOVITIS
- MALLET FINGER
- TENDON INJURIES
- OVERUSE INJURIES
- PLUS GENERAL PHYSIOTHERAPY

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# TENNIS ELBOW

Information Brochure

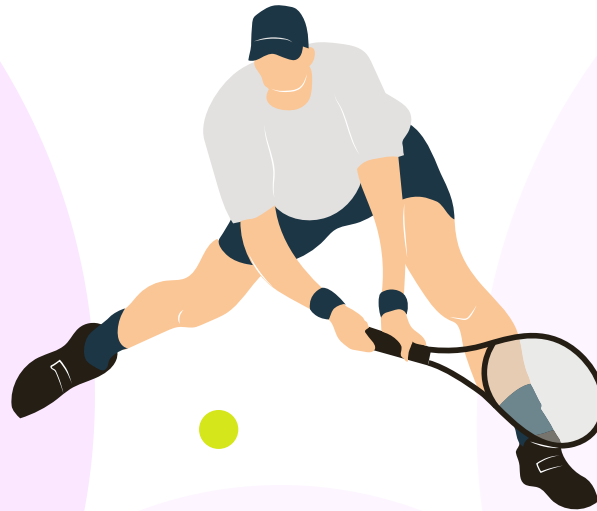
# WHAT IS TENNIS ELBOW?

Tennis elbow is a condition that results in an aching discomfort on the outside of the elbow which comes and goes with activity.

The problem is usually caused by repetitive movement of the hand or wrist or from a forceful direct blow to the outside of the elbow. The tendon that attaches to this area becomes inflamed and painful. The muscles that join on to this short tendon are responsible for wrist and finger action. This means that every time the hand is used to grip, or the wrist and fingers are used repetitively, the tendon is strained



Unfortunately the occupational, domestic and sometimes recreational demands that caused the problem in the first place may be ongoing.



## HOW IS TENNIS ELBOW DIAGNOSED?

Tennis elbow is diagnosed by careful assessment of the history of your condition including any aggravating factors, and some special tests performed by your physiotherapist.

Your grip strength will be tested and monitored at each visit to check your progress.

It is important to realise that recovery from tennis elbow is normally slow and may take a number of months to completely resolve. Regular but not necessarily frequent monitoring of your condition by your physiotherapist is an important part of your recovery.

## WHAT ARE THE TREATMENT OPTIONS?

Education about your condition will help you to manage your symptoms and avoid re-aggravating the tendon as it heals.

You will be given advice on activity modification and pacing at work.

You may also benefit from wearing a wrist splint if your physiotherapist feels you need extra support.

