

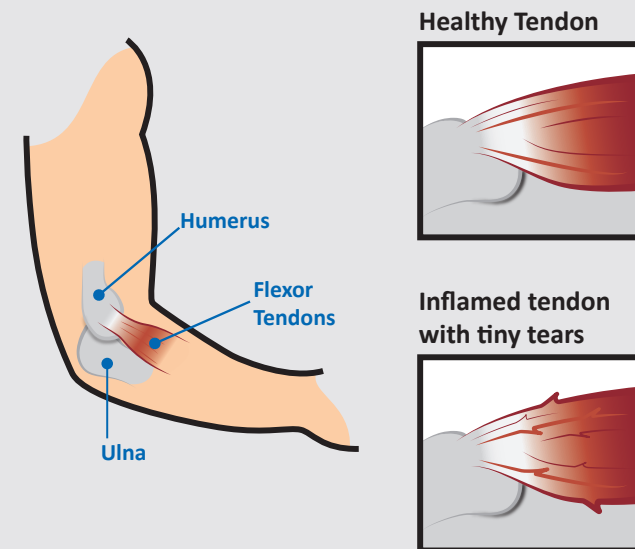
What is Tennis Elbow?

Tennis elbow is a condition that is associated with tenderness and discomfort on the outer portion of the elbow caused by repetitive (overuse) of the wrist and hand. Many times, a specific cause is not determined. Persons diagnosed with this condition often report pain when lifting or gripping objects. Overuse of the tendons that bend back the wrist and fingers may result in inflammation and tiny microscopic tears may develop into scar tissue making wrist movement painful.

How is Tennis Elbow treated?

Your physician may prescribe medication as well as therapy aimed at decreasing inflammation and pain. The goal of therapy is to restore the normal function of the muscle tendon unit and to instruct you in home exercises which will assist in returning to your daily functions.

Your therapist may recommend a number of home activities that are listed below to assist in managing your symptoms and to facilitate recovery.



Splints

The splints may be effective in supporting/protecting the involved muscles.

☐ Wear the Wrist Immobilization Split

- ☐ at nights
- ☐ at all times
- ☐ with resistive activities only

☐ Wear the Tennis Elbow Band

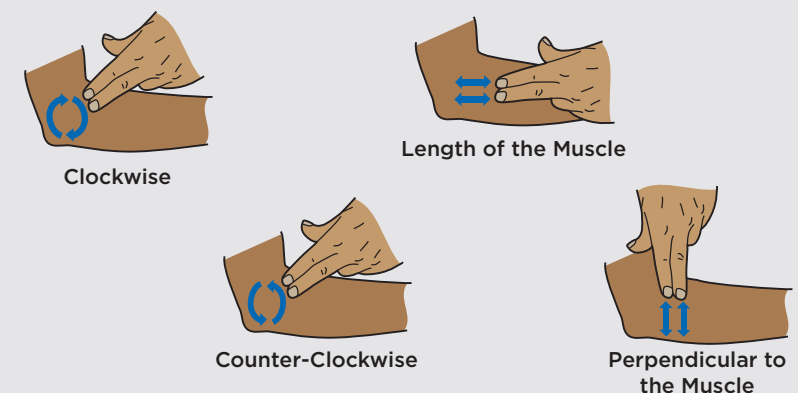
- ☐ at all times
- ☐ with resistive activities only

Heat

Apply heat to the elbow for ten minute sessions up to 2 times a day. The heat will promote soft tissue healing and increase the flexibility of the muscles surrounding your elbow. Some examples include, rice packs, moist heating pads and microwave gel packs.

Manual Massage

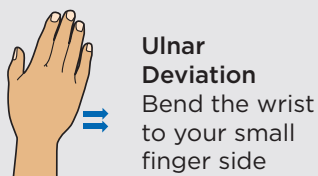
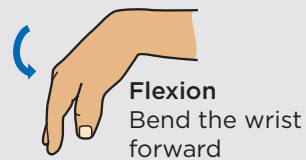
Massage the area surrounding the elbow for five minutes, two times per day. The massage will help enhance circulation, promote healing and decrease the pain. For further instruction, please refer to the illustrations below.



We can help you with all of your Occupational Therapy needs. To schedule an appointment call (402) 609-1750.

Exercises

WRIST

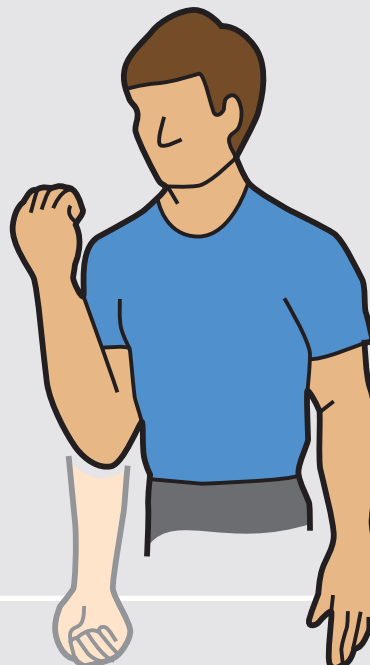


Repeat exercises _____, _____ times per day.

ELBOW

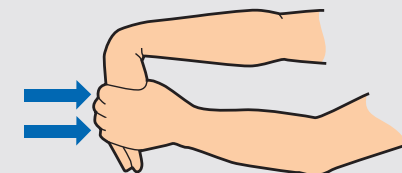
Flexion
Bend your elbow

Extension
Straighten your elbow

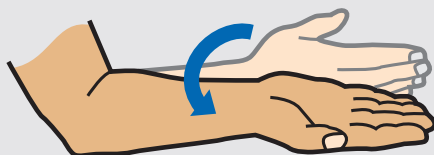


STRETCHING

- 1 Hold your affected limb with your unaffected hand.
- 2 Bend the wrist and fingers until you feel a stretch and attempt to make a fist.
- 3 Hold _____ seconds
- 4 Repeat _____, _____ times per day.

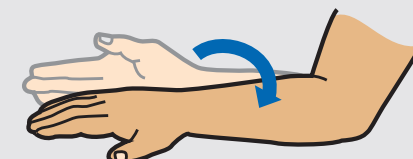


FOREARM



Supination
With your elbow at your side, turn the palm up

Pronation
With your elbow at your side, turn the palm down



Ice

Icing your arm can help to reduce swelling and decrease pain. You can put a cold pack on your arm or even put a package of frozen vegetables on the injured area. Put a wet wash cloth between your arm and the frozen bag. Do this for ten to fifteen minutes, one to two times a day.

You can also directly ice your arm for three minutes with an ice cube. Rub the ice cube on the most sore area gently and quickly. Don't ice for more than five minutes, as you may harm your skin. Please note, icing this way can feel uncomfortable, but it works well. Do this two to three times a day.

Lifting & Carrying

You can form habits that will reduce that strain on your arm. When you lift, try to hold your load close against your body. Lift and carry the load from underneath with your palms turned upwards. Try to carry heavy objects over your elbow and forearm, instead of gripping them.



Scan or visit OrthoNebraska.com/Hand to watch videos on these techniques.

Call (402) 609-1750 to schedule your Therapy at OrthoNebraska