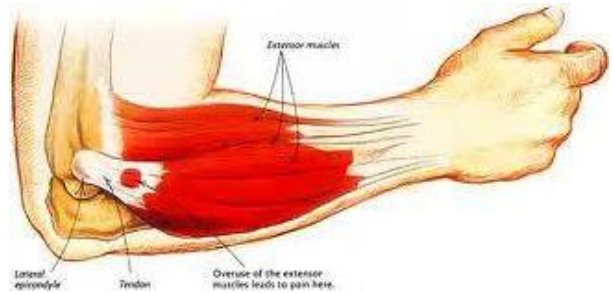


# TENNIS ELBOW

## (Lateral Epicondylalgia)

### What is it?

Tennis Elbow is an overuse condition where a person experiences pain and tenderness over the outer part of the elbow. It commonly affects workers who constantly have to use their hands/grip strength or those who have recently taken up activities that puts these muscles under increased stress. There is often little to no inflammation present, but there is microscopic damage resulting in fraying of the tendons.



### Common Symptoms

Pain and tenderness on the outer part of the elbow, especially with gripping and bending the wrist backwards. Lifting can also be uncomfortable.

### Potential Causes

- Repetitive movements involving bending the wrist/fingers back.
- Repetitive gripping forces
- Direct trauma to the side of the elbow
- Falling on an outstretched arm

### What can you do at home?

- Ice to help with pain (10 minutes on/10 minutes off) and ensure to wrap ice in a moist towel to avoid cold injuries to skin
- Rest the area from strenuous activity
- Forearm stretch: With your elbow straight, bend your wrist down and feel a gentle stretch on the side of the elbow (as seen in the top right picture). Hold 30 seconds, repeat 3x.
- Use a brace: Tennis elbow braces can help decrease pain, especially with day to day activities. They can be found at your local pharmacy

