



IACP ARTHRITIS CLINICS

DR. MANOJ R. KANDOI

M.S. (ORTHOPAEDICS), D' ORTH, FCPS,
DNB, FRSM (LONDON), FIHS (ITALY),
FIWS (HONG KONG), FICS (CHICAGO)

HAND, FOOT ANKLE & ARTHROSCOPY FELLOW:
USA, GERMANY, UK, ITALY, TAIWAN, HONGKONG
& NETHERLA

TENNIS ELBOW

What is Tennis Elbow ?

Tennis elbow, also known as lateral epicondylitis, is a condition that results in pain around the outside of the elbow. This is often as a result of overuse of the muscles and tendons in the forearm. It may be due to certain sports or everyday activities especially if you do a lot of heavy or repetitive arm activities.

Common Symptoms

Pain and tenderness on the outside of your elbow

- Pain can also track down your forearm.
- Pain on repeated wrist movements, gripping activities or rotation of the arm.
- Difficulty in fully straightening your arm. How long will it last? In most cases tennis elbow will gradually improve. This is a process that can vary in time from weeks to several months in some cases.

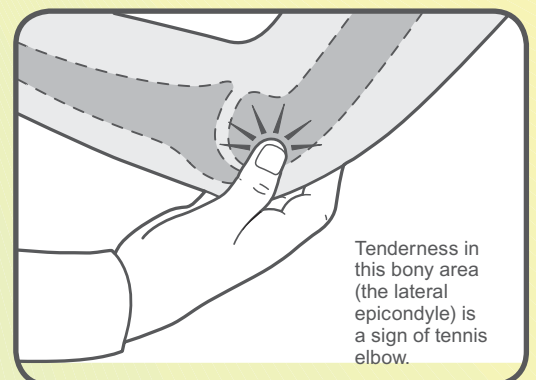
What can I do to help myself?

Activity - Continue your normal daily activities but do try to avoid any activity that aggravates your symptoms such as heavy lifting. Try and take regular breaks from activity, especially repetitive or sustained activities such as computer work.

Medication - If you have been prescribed pain relief medication take it at regular intervals until the pain settles.

Brace - In some cases tennis elbow brace or clasp may help.

Ice - Try applying cold to the area for 8-10 minutes several times a day. Wrap ice in a towel before using to prevent burns to the skin.



**ASHIRWAD
HOSPITALS**

1. Almas Mansion, S.V.P. Road,
New Colony, Ambarnath (W)
Tel : 2680020, 2681457
7709260348
2. Ganesh Ashish Appt.,
Vadavali Section, Ambarnath (E)
Tel : 2606766, 2608947
9503336458
E-mail : drkandoi@yahoo.co.in

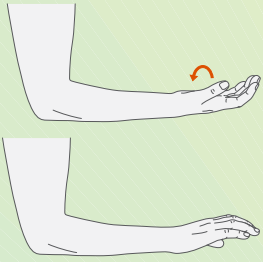
CONSULTATION AT



FORTIS HOSPITAL
ADESHWAR PARK, SHILL ROAD, BAIL
BAZAR,
KALYAN (W). INDIA. TEL. : (0251) 669 4444

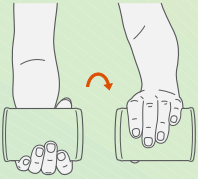
Simple exercises

Wrist turn



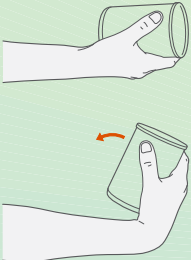
Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.

Wrist turn with weight



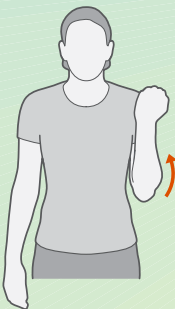
Repeat the exercise while holding a light weight (e.g. a tin of beans).

Wrist lift (palm up)



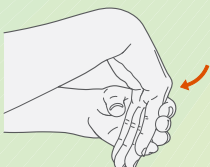
Bend your elbow at a right angle. Hold a light weight (e.g. a tin of beans), palm up. Bend your wrist slowly towards you. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.

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 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.

Eccentric loading

These exercise aim to work the tendon as it lengthens. They may be done with or without a weight, as your physiotherapist advises. You may experience some pain with this exercise; this is fine, as long as the pain remains below a level of 5 out of 10.



Sitting with your shoulder blade back, hold onto a weight (0.5kg to start with). Rest your forearm on a table top, with your hand overhanging the edge and palm facing down.



Use your good arm to lift up the hand on your affected side, as shown.



Slowly lower your hand down to this position, moving roughly at a slow count of '3'.