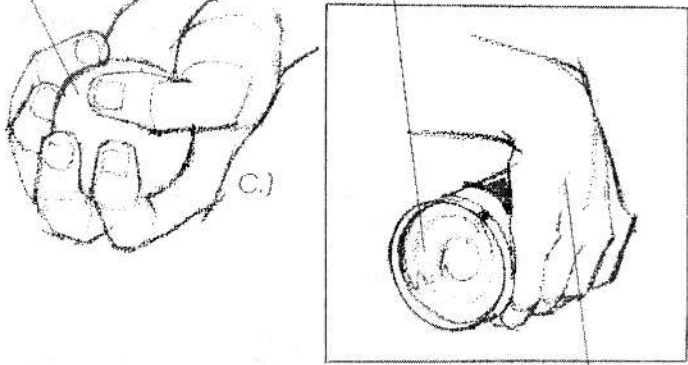


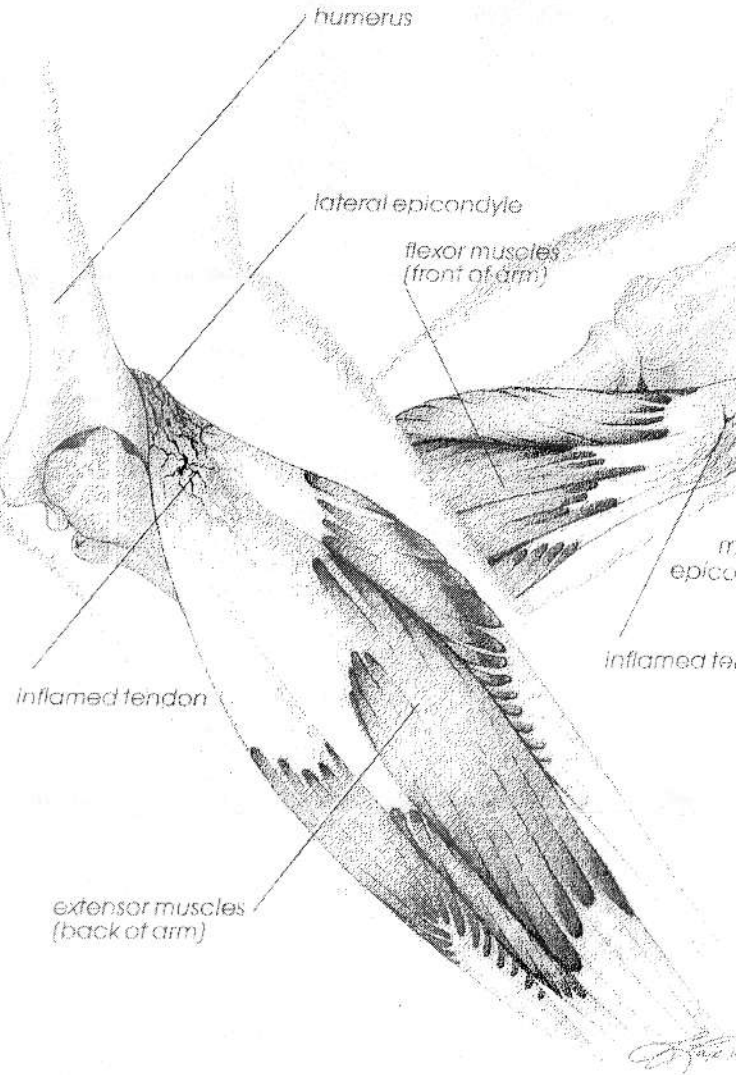
WRIST CURLS

1.) Hold a tin can (ie. beans). Place forearm on table with wrist free over the edge. Do 15 wrist curls with palm facing up, 5 with palm facing down. Repeat 3 times. Doing this exercise with a shopping bag will allow weight to be added as your strength improves.

2.) Squeezing a rubber ball will also strengthen the injured area. Carry one with you and squeeze it as often as you can.



Tennis elbow, golfer's elbow.




Injury description

This condition plagues many a racquet player and golfer, both amateur and professional. Although most common in these sports, the problem can occur when anyone uses the arm excessively. It is basically an inflammation of the tissues in the elbow area.

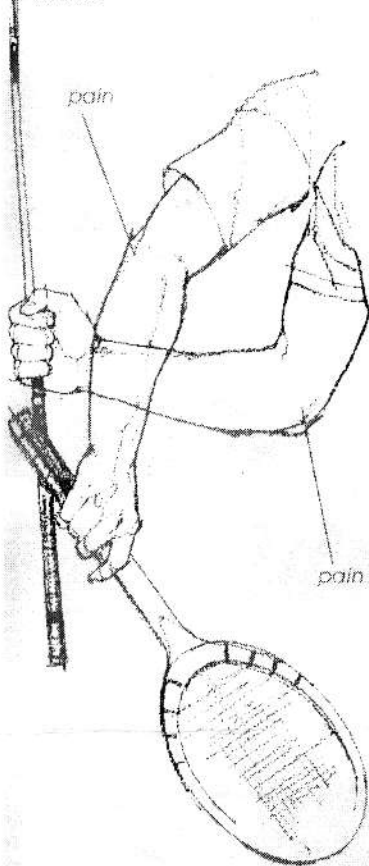
In tennis elbow it involves the muscles and tendons that bend back (extend) the wrist and fingers. This large group of muscles starts from a very small area of

Patient information developed for Syntex Inc. by Dr. Michael Clarfield and Dr. Charles Bull.

 SYNTEX

the bone. When the forces become greater than the strength of the muscles, the problem begins. The pain occurs on the outside of the elbow.

The same thing happens with golfer's elbow except it is the muscles that flex the wrist and fingers that are involved. This pain is on the inside of the elbow.



redisposing factors

- 1. Weak muscles and/or muscle imbalances
- 2. Overuse-abusing your arm, playing excessively
- 3. Equipment-improper equipment may aggravate the condition (i.e. incorrect grip size, strings too tight)

Treatment

REST

Use pain as your guide. You are only aggravating the condition if you continue activity while experiencing pain. When it is very painful, do not use your arm for anything (ie. lifting a briefcase, opening doors). Occasionally, the arm may require a sling, but only for a short period of time.

ICE

Ice your elbow (frozen peas) three times a day for 15 minutes in the early painful stage. Also ice your elbow for 15 minutes after any activity using your arm.

STRETCHING

Stretching the inflamed area will help prevent and break down any scar tissue that develops with inflammation. (See exercises).

PHYSIOTHERAPY

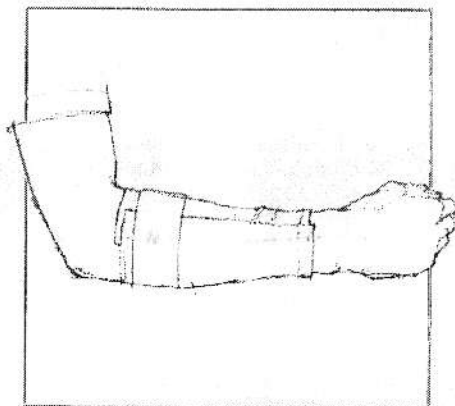
Initially physiotherapists will work to reduce the inflammation in your arm. Later they will strengthen your muscles to protect the inflamed area and prevent the injury from happening again.

MEDICATION

Anti-inflammatory pills are a useful part of the treatment. Your doctor may prescribe some for you.

BRACE

There are several braces or supports designed for this problem. The brace relieves the pressure on the inflamed tendon. Initially, it may be worn at all times except at night. Later, it will only be necessary for activities using your arm.



CORTISONE

Your doctor may decide to give you a localized injection of cortisone. This anti-inflammatory measure is a supplement to other treatments, and can make physiotherapy more effective. After a cortisone shot you should not play sports for one week to ten days.

SURGERY

Surgery is rarely required, and only to cure resistant cases.

Sports

Initially you may have to refrain from racquet sports or golf altogether. This initial period of rest is usually very important. When you go back to playing sports, take the following factors into consideration:

The racquet

The new oversize and composite racquets are much easier on your arm and may be all you need to cure your elbow. Quite often racquet strings are strung too tight even on oversize racquets. You may need to have your racquet restrung at a lower tension. Grip size can also be a factor. Your local pro can advise you on these.

The stroke

The backhand is the main culprit. The serve and overhead smash may be equally damaging. When returning to your sport, avoid the shots which seem to aggravate the problem. A lesson may be necessary to alter your strokes. The two handed backhand tends to be easier on your elbow.

The game

When you go back to your sport, take it easy. Initially, rally only for short periods of time, avoiding problem shots. Slowly increase the frequency and intensity of your play. Avoid playing competitive games until your elbow is healed. In golf, initially pitch and putt only. Slowly work up from a few holes and finally to your complete game.

ALWAYS WARM UP WELL BEFORE YOU PLAY.

Exercises

Weak muscles are a major contributor to the problem of tennis and golfer's elbow. Exercise will strengthen the muscles associated with the damaged tendons. Stretches and exercises should be avoided in the very painful stage.

ELBOW STRETCH

A.) Palm backward, lock elbow of injured arm. Bend wrist and point fingers up towards shoulder blade. Use other hand to help bend wrist until you feel the muscles of your forearm stretch. Hold for 10 seconds and relax. Repeat 15 times. Do this 3 times a day and *always* before you play your sport.

