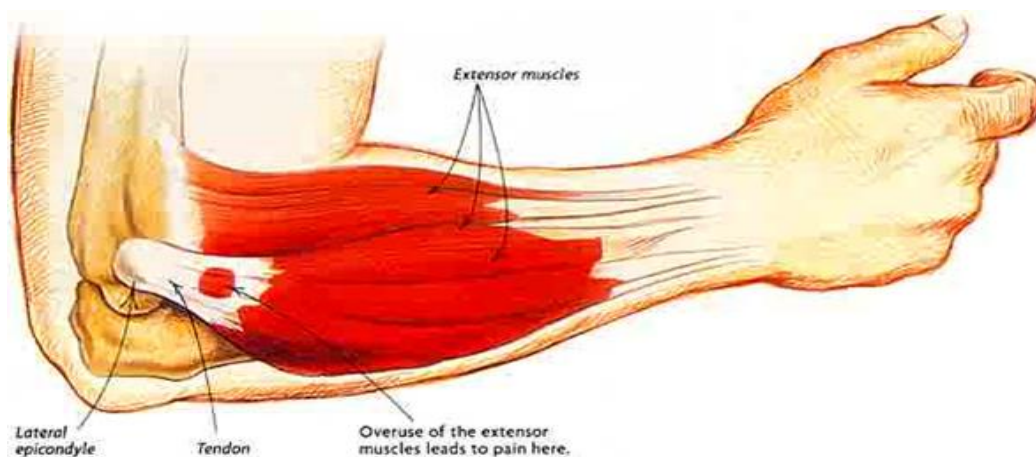


Tennis Elbow



What is tennis elbow?

Tennis elbow is also known as lateral epicondylitis or lateral elbow pain. It 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. Men and women are equally affected and it is most common between the ages of 40-50. It may come on gradually or suddenly.





What are the symptoms?

Common symptoms include;

- 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.

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.

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What can I do to help myself?

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

Medication – You may be prescribed simple pain relief or anti-inflammatory medication, take this at regular intervals until the pain settles. An alternative is to use a topical anti-inflammatory gel. Your GP can advise you on this.

Brace – In some cases a tennis elbow brace or clasp may help. Your Physiotherapist or GP will be able to advise you.

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.

Exercises –The following exercises are designed to strengthen and stretch the muscles of your forearm. You should try these twice a day for at least 6-12 weeks to see improvements in your symptoms. If your symptoms worsen on doing the exercises then stop and ask the advice of your GP or Physiotherapist. Try using ice for 10 minutes after you have completed these exercises.

1) Stretch the forearm muscles;

With your arm straight and thumb turned outwards, gently bend your wrist forwards until you feel a stretch in your forearm. Hold for 30 seconds. Repeat 3 times.





2) Eccentric strengthening exercise;

Rest your affected forearm on a table so your hand can hang over the edge. Use your non-affected hand to help extend your wrist backward. Then let go and very slowly lower your affected hand down over the edge of the table. This can be made harder by holding a light weight in your hand.



You should aim to do 2 sets of 15 repetitions.

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Other treatments that may be offered

- In some cases a steroid injection can be given to help ease the pain. This is usually a short term benefit and there are risks associated with it. Your GP or physiotherapist can advise you on this.
- You may be referred to a Physiotherapist. They may use acupuncture, taping or alternative exercises that are suitable for your individual case.
- In cases of severe pain which does not improve you may be referred to an Orthopaedic Surgeon for a surgical opinion. However this is rarely necessary.

Further information



Below are the telephone numbers for the Community Outpatient Physiotherapy departments. Please call your local department for any further information/guidance:

- Chippenham 01249 456451
- Devizes 01380 732520
- Malmesbury 01666 827583
- Melksham 01225 701027
- Salisbury 01722 336262 Ext 4425/4413
- Savernake 01672 517310
- Trowbridge 01225 711341
- Warminster 01985 224716

Useful websites:

www.nhs.uk/conditions/tennis-elbow

<https://www.arthritisresearchuk.org/arthritis-information/conditions/elbow-pain/tennis-elbow-exercises.aspx>

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Safeguarding



Wiltshire Health and Care has a strong commitment to care that is safe, of a high quality and that upholds our patients' rights. All our patients have the right to live lives free from abuse or neglect and, where they are able, to make or be supported to make informed decisions and choices about their treatment, care and support. Where patients are not able to make their own decisions, Wiltshire Health and Care staff are committed to ensuring that treatment, care and support is undertaken in accordance with the person's best interests. In order to fulfil these commitments, Wiltshire Health and Care follow the Safeguarding principles and responsibilities laid out in Sections 42-46 of the Care Act (2014) and are informed by, and apply, the guiding principles and provisions of the Mental Capacity Act (2005).

If you or your carer have any concerns about abuse, neglect or your rights in relation to care provided by Wiltshire Health and Care or any other agency or individual, please raise this directly with any Wiltshire Health and Care staff or contact the Safeguarding Adults Team by telephone on: 0300 4560111.

Wiltshire Health and Care Patient Advice and Liaison Service (PALS)

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 1237797 and PALS.wiltshirehealthandcare@nhs.net

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