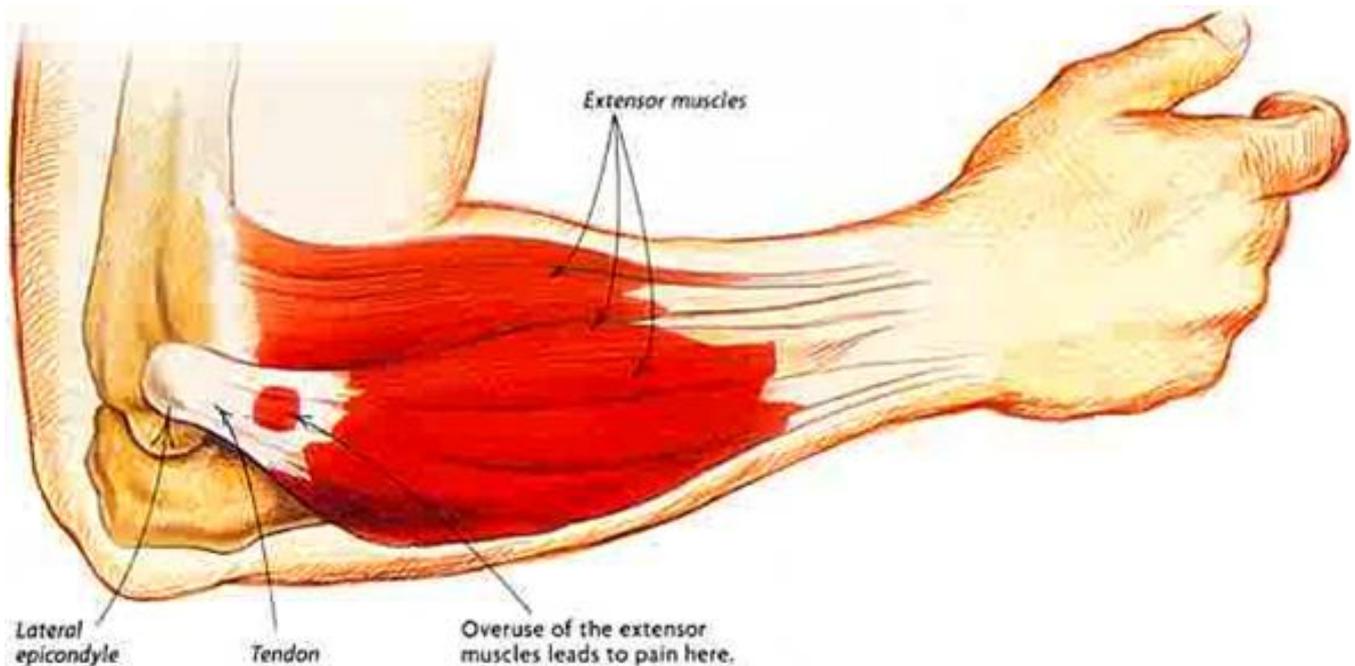


Tennis Elbow (Lateral Epicondylitis)

Patient Information

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.



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Tennis Elbow



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.

How long will it last?

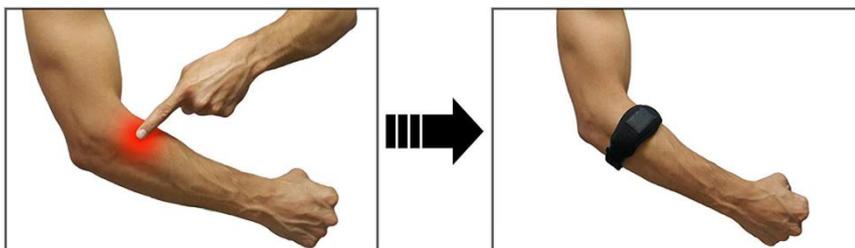
In most cases, tennis elbow will gradually improve. This is a process that can vary in time from weeks to several months in some cases.

What can I do to help myself?

Activity - Continue your normal daily activities but do try to modify 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. Try the brace in different positions near your elbow, until it gives you the most relief from the activities that aggravate it. Intermittently readjust the brace as it can move position during activity. Your Physiotherapist or GP will be able to advise you if needed.



Ice – Try applying cold to the area for 12-15 minutes several times a day. Wrap ice in a damp tea towel before using to prevent burns to the skin.

Tennis Elbow



Strengthening exercise:

Click link for VIDEO: <https://youtu.be/TRHxr7jTFdw>



Rest your affected forearm on a table so your hand can hang over the edge. Slowly over 3 seconds extend your wrist upwards. Then slowly over 3 seconds lower your hand down over the edge of the table. If this is comfortable, progress this exercise by holding a light weight in your hand. As comfortable, make this harder by increasing the size of the weight. During this exercise ensure that you keep your forearm flat against the table. You should aim to do 4 sets of 8 repetitions, with a 2 minute rest between sets.

* The pacing of this exercise is very important. It is useful to use an external cue to pace your 3 seconds up and 3 seconds down. To pace yourself try using a Metronome 60BPM, Clock or the Video link above..

If your symptoms worsen on doing the exercises then stop and ask the advice of your GP or Physiotherapist.

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.

Tennis Elbow



Further Information

If you would like to seek the advice of a physiotherapist, there are a number of options within Wiltshire. Please speak to your GP practice about the ways you can be referred.

Useful websites:

<https://www.activewiltshire.org.uk/>

Here you will find information on improving your activity level and details of what is available in your local area.

<http://www.wiltshire.gov.uk/public-health-weight>

Here you will find information about weight management options in your local area.

<http://www.wiltshire.gov.uk/public-health-trainers>

Health Trainers work on a one to one basis to support behaviour change and improve health. They concentrate on behaviours associated with ill health including unhealthy eating often linked to obesity, stop or reduce smoking, sensible drinking, increasing physical activity, building confidence and motivation to change and boosting self-esteem, they also signpost and support clients to access other services and activities where appropriate.

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