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Sent: Monday, 18 March 2013 12:11 PM
To: Steve
Subject: PHYSIO4ALL E-News: Is This Tennis Elbow?

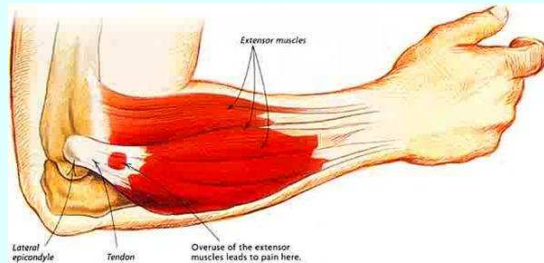
Learn about Tennis Elbow!! PLUS Special Offer - 10% OFF Oppo Tennis/Golf Elbow Support Brace!!!

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PHYSIO4ALL E-News

Is This Tennis Elbow?

- [What is it?](#)
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- [Let's fix it!](#)
- [YouTube Video](#)
- [Special Offer!](#)



What is it?

- There are a number of muscles on the top of the forearm that all attach on the outside of the elbow (common extensor origin)
- If you injure this thick tendon base it can become quite sore and often slow to heal
- Injuries occur with excessive force or repetitive activities where the wrist is bent backwards (e.g. tennis-hence the name)
- Acute tennis elbow is a one off injury where you injure your elbow, there is some inflammation but it heals in approx 4-6 weeks

This takes much longer to treat and can become degenerative.

But I don't play tennis!

Other ways to injure this area are:

- Lifting loads or weights incorrectly
- Typing with an elevated keyboard or wrist
- Lifting small children
- Housework/Gardening



Let's fix it!

- Tennis elbow can be difficult to fix because the blood supply to the middle of such a thick tendon base is poor
- Acupuncture and cupping is particularly effective at increasing the blood supply to this region
- Massage and stretches are useful but need accurate prescription
- Eccentric exercises are critical to recover the integrity of the tendon
 - These are a carefully prescribed set of exercises where the muscles are worked as they lengthen only
 - This stresses the fibres of the tendon allowing them to heal in the right direction without tearing further fibres
- A brace can be effective during activities that are usually painful

If you suspect you have Tennis Elbow, give us a call on **9922 2212** to book an appointment now!



Check out our YouTube video series on one of the many useful exercises for Tennis Elbow:

[Physiotherapy North Sydney: Elbow Pain or Tennis Elbow Exercise](#)

PHYSIO4ALL ANNOUNCEMENTS

SPECIAL OFFER!!

Download the following voucher, and receive 10% OFF an Oppo Tennis/Golf Elbow Support Brace with Silicon Pad!!
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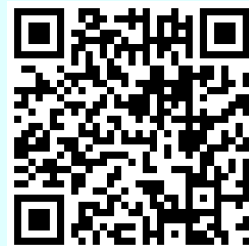
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
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