

TENNIS ELBOW (Lateral Epicondylitis)

With many of us currently glued to our television screens watching the Australian Open, we thought it a good time to highlight the condition commonly known as "Tennis Elbow".

Lateral Epicondylitis or as it is more commonly known "Tennis Elbow" is often the result of repetitive, overuse and twisting of the forearm muscles, placing strain and causing swelling of surrounding forearm tendons. Tennis Elbow is regarded as a form of tendinitis.

Tennis or Golfers elbow (when the pain is felt on the inside of the forearm) is not just restricted to tennis players and golfers, people who undertake highly repetitive tasks are at risk with occupations such as painters, plumbers, carpenters, and typists reporting a high incidence of the condition.

The symptoms of this often painful injury usually develop gradually, tenderness and soreness on the outside parts of the elbow is often felt, along with some swelling and pain which may flare up when doing certain movements like shaking hands, lifting or writing.

Diagnosis is relatively straightforward through several small movement tests and sometimes a MRI is undertaken to confirm the condition.

Treatment of the condition is usually conservative, with over 95% of tennis elbow being treated without surgery.

Treatment can vary from simply rest from the activities that trigger the symptoms, or a combination of massage, dry needling, use of a brace, physiotherapy and clinically appropriate injections (Corticosteroid or PRP).

The Sports Medicine Institute has specialist medical practitioners who are able to help with the condition.

If you would like to book an appointment with one of our practitioners CALL US on 9525 3444.

