



## **Tennis Elbow**

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Tennis players and golfers are familiar with elbow pain. But baseball players, home fix-it enthusiasts and gardeners also may experience the symptoms of “tennis elbow” or “golfer’s elbow”.

Tennis elbow is a painful condition on and around the bony prominence (epicondyle) on the outside (lateral side) of the elbow. This location gives tennis elbow its technical name: lateral epicondylitis. Pain may radiate down your arm. Gripping or extending your wrist may intensify the pain. Golfer’s elbow describes a similar condition. The pain focus is the knobby bump on the inside of the elbow closest to the body (the medial side), so it is technically known as medial epicondylitis.

Both tennis elbow and golfer’s elbow typically result from repetitive arm movement. Overusing the muscles in your arm can lead to tiny tears in the tendons that attach the muscles in your forearms to the epicondyles. If you continue to do the activity without allowing the tears to heal, the tendons can become inflamed. This condition can be caused by excessive use of your arm in long sessions practicing your golf swing or tennis stroke and in many other activities, including painting, raking, pitching, rowing, hammering and using a screwdriver.

If you’ve increased your activity in one of these areas and feel tenderness in the elbow or pain that radiates down the arm, take some time off. Stop doing whatever is causing the symptoms. Rest allows the microtears to heal. If the symptoms are sports-related, you might examine your technique and equipment.

Conservative treatment usually works. Applying ice helps reduce swelling. An anti-inflammatory medication, such as aspirin or ibuprofen, can also help. You may have to wear an arm brace for some time. Occasionally, injections of cortisone-based steroidal medication may be used.

Flexibility and strengthening exercises are effective and will eventually allow you to return to the activity.



# Tennis Elbow Exercises



## Wrist Flexor Stretch

1. Straighten elbow completely.
2. With palm facing up, grasp the middle of hand and thumb.
3. Pull wrist down until mild stretch is felt.
4. Hold for 30 seconds.
5. Release and repeat 3 times.
6. Perform exercises two times each day.



## Wrist Extensor Stretch

1. Straighten elbow completely.
2. With palm facing down, grasp the back of the hand.
3. Pull wrist down until mild stretch is felt.
4. Hold for 30 seconds.
5. Release and repeat 3 times.
6. Perform exercises two times each day.



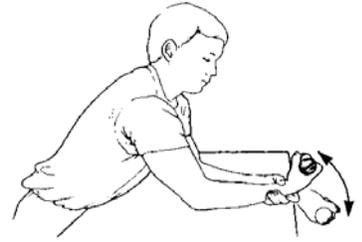
## Wrist Extension with Weights

1. The forearm should be supported on a table with hand off edge and palm should face downward.
2. Using a weight, lower the hand as far as possible then curl wrist up as high as possible.
3. Repeat 30 times.
4. Perform exercise one time each day.



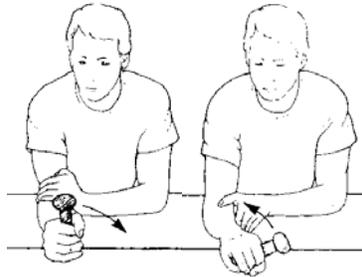
## Wrist Flexion with Weights

1. The forearm should be supported on a table with hand off edge and palm should face upward.
2. Using a weight, lower the hand as far as possible then curl wrist up as high as possible.
3. Repeat 30 times.
4. Perform exercise one time each day.



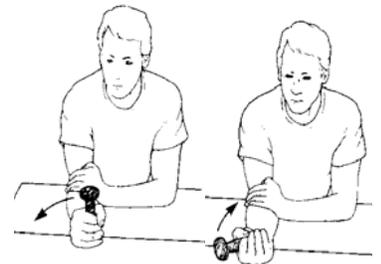
## Wrist Pronation with Weights

1. The forearm should be supported on a table with wrist in neutral position.
2. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into pronation as far as possible
3. Hold for 2 seconds.
4. Raise back to starting position and repeat.



## Wrist Supination with Weights

1. The forearm should be supported on a table with wrist in neutral position.
2. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into full supination as far as possible
3. Hold for 2 seconds.
4. Raise back to starting position and repeat.



## Radial / Ulnar Deviation with Weights

1. The forearm should be supported on a table with wrist in neutral position and hand off of table.
2. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into ulnar deviation as far as possible.
3. Then bring into radial deviation as far as possible.
4. Raise back to starting position and repeat.



*These exercises are to be performed \_\_\_\_\_ times per week / day. Begin with 3 sets of 10 repetitions and progress to 5 sets of 10 repetitions. Progress your weight as tolerated (i.e.-5 sets of 10 repetitions completed easily with specific weight, you will increase by 1# and decrease you exercise to 3 sets of 10 repetitions). You will progress to 5 sets of 10 repetitions again and repeat the same process until you can perform 5 sets of 10 repetitions with 5#. You do NOT want to exceed 5# on these exercises at any time. After performing your exercises, ice your wrist for 15-20 minutes.*