

WHAT EXERCISES CAN I DO?



Grip strengthening



Wrist extension



Shoulder stabilisation

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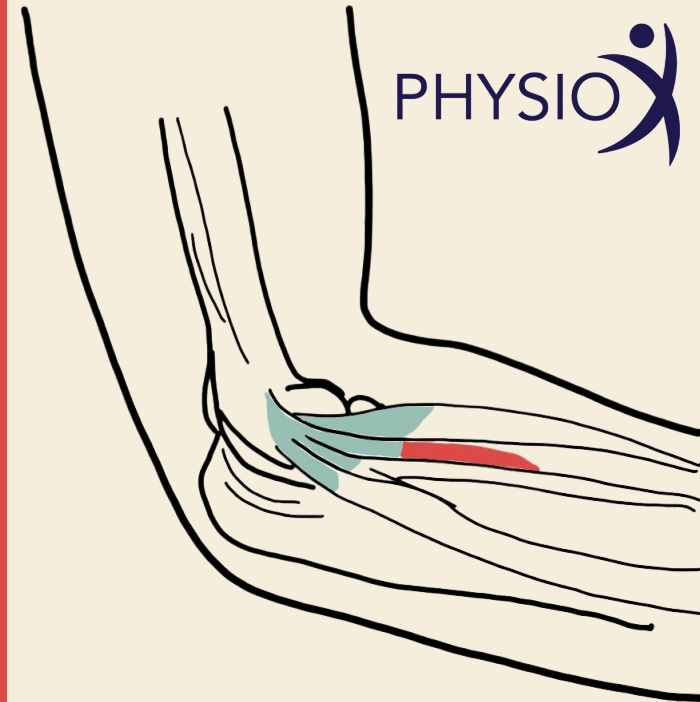
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TENNIS ELBOW

A.K.A LATERAL ELBOW
TENDINOPATHY

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DID YOU KNOW...?

Unlike what its name implies, 'Tennis elbow' is more commonly seen in non-tennis players rather than in tennis players. Hence, the term 'Lateral Elbow Tendinopathy' would be a more accurate term for lateral (outer) elbow pain.

It is typically diagnosed by pain over the outer aspect of the forearm.



WHY DOES IT HAPPEN?

Repeated gripping



Excessive load on forearm muscles and tendons



Microscopic tears & scarring



Tendinopathy & pain



CAN PHYSIOTHERAPY HELP?

YES!

Your Physiotherapist can address any issues relating to your pain through:

- Therapeutic exercises
- Manual therapy
- Physical modalities (i.e. ice, heat, tape)