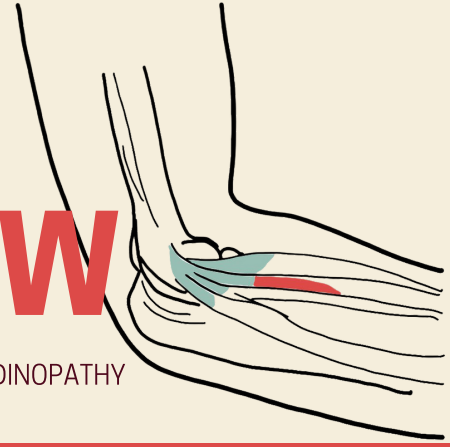


TENNIS ELBOW

A.K.A LATERAL ELBOW TENDINOPATHY



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.

Repeated gripping

Microscopic tears & scarring

WHY DOES IT HAPPEN?

Excessive load on forearm muscles and tendons

Tendinopathy & pain



CAN PHYSIOTHERAPY HELP?

YES!

Your Physiotherapist can address any deficits through:

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



Grip strengthening



Wrist extension



Shoulder stabilisation

WHAT EXERCISES CAN I DO?



545 ORCHARD ROAD #14-04, FAR EAST SHOPPING CENTRE SINGAPORE 238882
60 PAYA LEBAR ROAD #B1-20, PAYA LEBAR SQUARE SINGAPORE 409051

+65 6909 2240 | +65 9068 6637 | CONTACT@PHYSIOX.COM.SG |

WWW.PHYSIOX.COM.SG