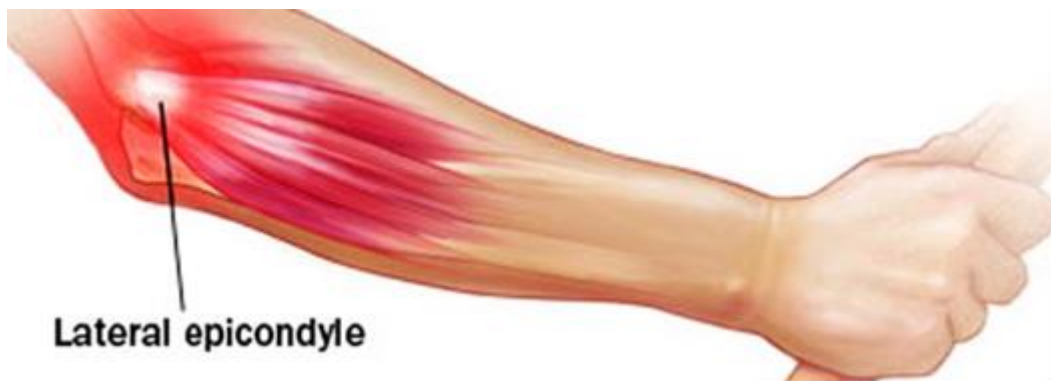


Tennis elbow



Tennis elbow causes pain over the outside of your elbow. Anyone can get it, particularly as you get older. Tennis elbow affects your muscle at your elbow. This is as a result of repeated gripping with your wrist in slight flexion which pulls on where the tendon inserts.

The most common symptom is pain and tenderness on the outside of your elbow and in the muscles of your forearm. It may stop you doing everyday things like holding a cup. Your pain may get worse when you grip something like shaking someone's hand. Often it is painful to straighten your elbow first thing in the morning.

How to treat.

You usually do not need to see a doctor if you think you have tennis elbow.

This will get better with rest and stopping the activity that aggravated it initially.

Buy a wrist splint, which will hold your wrist into slight extension which will rest the muscle group that is causing the pain. These type of splints are usually used for carpal tunnel syndrome.

Stretch your forearm muscles every day by extending the elbow and putting your hand flat against the wall with your thumb pointing upwards. Lean through your wrist.

Rub your elbow with an ice cube so it gets really cold. Dry your elbow and then rub in some anti-inflammatory gel you can buy over the counter. Repeat daily.

You will need to wear the brace for at least 6 weeks. Follow the following advice for 6 weeks.

If this does not improve then an injection into the tendon may help.

Surgery should only be considered as a last option when conservative treatment has failed.