



**ACTIVEPHYSIO**<sup>®</sup>

If it's not active it's not physio

PatientInformation

# Tennis & Golfer's Elbow



## The condition

- Tennis Elbow
- Golfer's Elbow

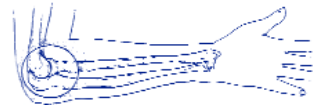
## About the condition

The development of elbow pain both on the top of the forearm (tennis elbow) or on the underside of the forearm (golfer's elbow) usually occurs through overuse or unaccustomed use and relates predominantly to how you have used your hand in gripping. It commonly occurs in tennis when the grip on the racquet is overly emphasised, such as when the grip size is too small.

## Usual symptoms include

- Pain on gripping the hand, picking up objects and/or opening jars or doors etc
- Weakness of the grip as if you could drop whatever your holding onto
- Pain can be sited locally over the elbow or also be further down the forearm and less commonly mid way down the back of the upper arm
- Pins and needles and numbness in the forearm or hand and fingers can also arise.
- Pain and stiffness with bending and straightening the elbow

In golf, it relates to a poor wrist action that produces strain on the forearm and elbow. Other structures that can be affected by strain are the joints of the elbow (there are 3 of these) and the nerves that run through the elbow: most commonly the radial but often also the median and ulnar nerves.



*Tennis Elbow is associated with pain on the outside of the elbow.*



*Golfer's Elbow is associated with pain on the inside of the elbow.*

## What we can do to help

- We use gentle joint manipulation to free the affected joints.
- We use massage and stretching to relieve the strain on nerve structures
- We use massage and stretching to restore the balance between the muscles
- We advise on changes of technique (or refer you to a professional for this)
- We keep you as active as possible – this may mean you don't have to stop going to golf!
- We strengthen the postural holding muscles so that you improve your alignment
- We give you exercises to stretch and progressively strengthen the affected muscles.
- We are planning to see you about \_\_\_times over the next\_\_\_ week(s)

Your local Active Physio:



**ACTIVEPHYSIO®**

If it's not active it's not physio

[www.physio.co.nz](http://www.physio.co.nz)