

A quick guide to managing Tennis Elbow

Lateral epicondylitis, better known as tennis elbow, is an "overuse injury" that is characterized by a severe burning pain over the bone at the side of the elbow.

Many common activities other than playing tennis, or any racquet sport can cause this painful condition, including gardening, working around the house, or any activity that involves repetitive twisting of the wrist (like using a screwdriver).

Pain and weakness caused by tennis elbow may make it difficult to:

- *Shake hands*
- *Turn a doorknob*
- *Hold a coffee cup*

What causes tennis elbow?

Tennis elbow is an overuse and muscle strain injury caused by the repeated contraction of the forearm muscles that you use to straighten and raise your hand and wrist.

Repeated motion and stress to the tissue can cause inflammation or even a series of tiny tears in the tendons that attach the forearm muscles to the bony "knob" at the outside of your elbow, and the results can be painful.

Playing tennis, especially the killer combination of a backhand stroke with poor technique is one possible cause of tennis elbow. However, other common arm motions can cause tennis elbow including:

- *Using tools, such as a screwdriver*
- *Painting*
- *Slicing and chopping in the kitchen while preparing food*
- *Using a computer mouse*

Treating tennis elbow

If you think you have tennis elbow, it's always best to consult a healthcare provider to get an expert opinion.

Luckily, up to 90% of cases can be remedied by nonsurgical treatments, and symptoms usually diminish within four to six weeks after receiving appropriate treatment.

Home remedies

For immediate relief, often just resting and applying ice may help relieve symptoms, and anti-inflammatory medications can help reduce pain.

Braces or wrist splints may also help to relieve the symptoms of tennis elbow along with specific range of motion exercises.

Physiotherapy & Chiropractic treatments

Physiotherapy/Chiropractic treatments can help relieve tennis elbow; using a combination of Ultrasound, Cold Laser, Shockwave Therapy and Graston Instruments to help reduce inflammation. Specific exercises to stretch and strengthen the muscles of your forearm will be assigned.

Your practitioner will discuss any changes you need to make to your work environment, sport technique or sports equipment that you are currently using.

Get treatment for tennis elbow at Diversified Health Clinic



Diversified Health Clinic is proud to have various options for treating tennis elbow, including

- ***Shockwave therapy***
- ***Chiropractic care***
- ***Physiotherapy***
- ***Ultrasound***
- ***Cold Laser***
- ***Acupuncture***
- ***Counselling about changes to working habits or sporting technique***
- ***A holistic approach to treatment***



Diversified Health is one of the few clinics on Vancouver Island to offer progressive therapy that effectively treats the most frequent causes of acute and chronic pain. It's all part of giving patients more of say about your health care, and you want natural options — options that enhance health and prevent illness.

Contact Diversified Health Clinic for more information

If you want help for tennis elbow, please contact us to schedule an appointment.

Contact us now



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Website: www.diversifiedhealth.ca