

# TENNIS ELBOW

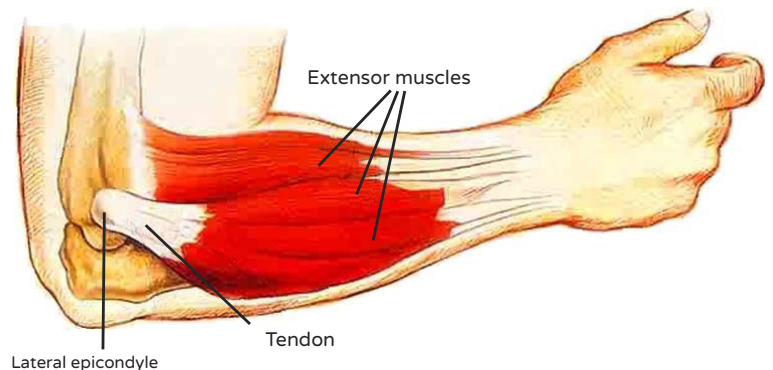
## Lateral epicondylitis

### DESCRIPTION

- A type of painful tendonitis resulting in pain on the outer side of the elbow and forearm
- Can arise for no obvious reason, but most commonly develops following unaccustomed strenuous activity involving the arm and hand
- An overuse or muscle strain injury caused by repeated contractions of the forearm muscles used to straighten and raise your hand and wrist
- Repeated motions and stress to the tissue may result in inflammation or a series of tiny tears in the tendons that attach the forearm muscles to the outside of your elbows (lateral epicondyle).

### SYMPTOMS

- Pain in elbow or forearm
- Pain when lifting especially when palm is facing down
- Pain may radiate from outside of elbow to forearm and wrist
- Pain and weakness may occur making it difficult to shake hands, turn a doorknob or hold a cup of coffee



## FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

### COMMON CAUSES

- The first and most obvious is tennis with its repeated use of backhand strokes
- Using plumbing tools
- Painting
- Driving screws
- Cutting and chopping cooking ingredients
- Excessive use of a computer mouse

### OCCUPATIONAL THERAPY CAN HELP

Occupational therapy rehabilitates after injury to facilitate optimal performance of work, leisure and daily activities and to help prevent further injury. **Treatment may include:**

- Heat
  - Therapeutic massage
  - Ice
  - Provide strapping/ splinting to brace irritated area
  - Supervised strengthening and reconditioning exercises
  - Help identify activities that aggravate the injury
  - Develop a home exercise program for patient
- Home care:**
- Home exercise plan created for you, individually, by your therapist
  - Ice treatment
  - Rest
  - Compression

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## Lateral epicondylitis

### Our Rehabilitation Services include treatment for:

- Back & neck pain
  - Arthritis
  - Orthopedic & sports injuries
  - Balance training/fall prevention
  - Neurological conditions
  - Post surgical
  - Chronic pain
  - Work injuries
  - Hands–Occupational Therapy
  - Pediatrics
  - Vestibular Rehab
  - TMJ
- Industrial Rehab Services (offered in Montgomery, Monroe, Port Jervis, Wallkill):
    - **Functional Capacity Evaluations**
    - **Work Conditioning**



### Our Commitment to you:

- We sincerely care about you & your family
- Experienced in individual patient care
- Comprehensive treatment
- Personalized care

## Physical, Occupational and Speech Therapy

APPOINTMENTS AVAILABLE WITHIN 24 HOURS

Weekdays 7am-8pm

Saturday 8am-12pm

Most insurances accepted

Convenient locations



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