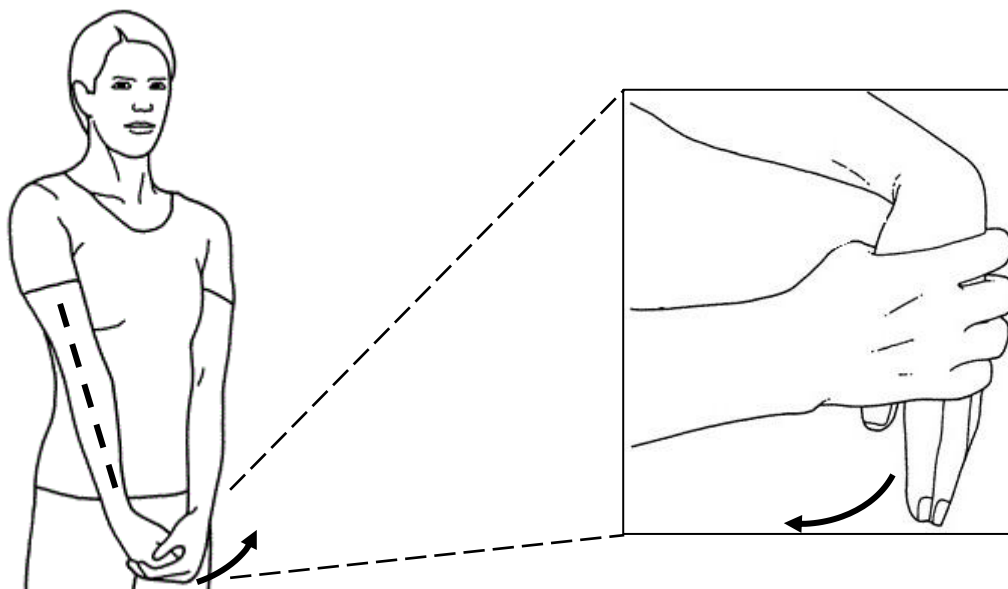


Acute stages

1. Try a wrist support (Futura splint) that restricts wrist extension, this may reduce overuse behaviours and allow the pain to settle over approximately three to six weeks.
2. Try applying ice for 15 minutes after physical activity.
3. Consider anti-inflammatory gels (NSAID) or if you have been prescribed tablets use these regularly for relief. See GP for advice.
4. Minimise prolonged gripping activities where possible, otherwise try using a wider/larger grip on rackets or tools.
5. Your physiotherapist could teach you some taping techniques to offload the tendons.
6. Your physiotherapist can show you gentle friction massage at the tender points, duration 30 to 60 seconds for pain relieve. Other manual therapy treatments may be available, where appropriate.

Stretches

- Hold your arm straight out in front of you and bend your wrist.
- Use your other hand to grasp the index and middle fingers, bending them towards the body.
- Hold the stretch for 30 seconds or longer, repeat more than 5 times daily.

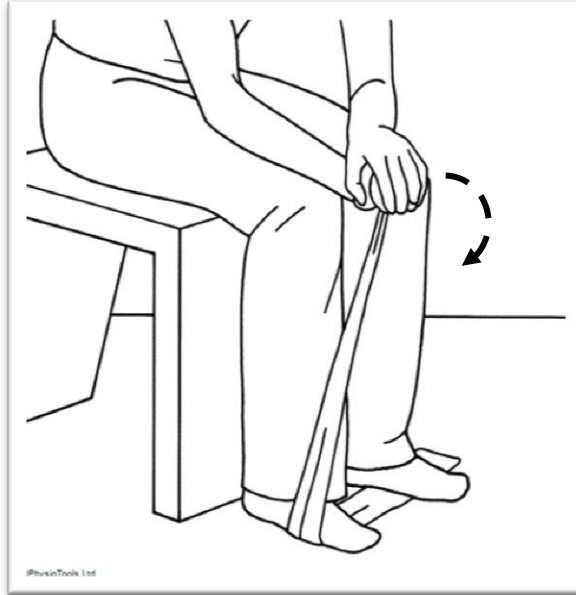


Eccentric exercises

Specific strengthening exercises have been shown to improve pain and function in people who have been diagnosed with tennis elbow.¹ If done regularly they can help to resolve symptoms over eight to twelve weeks.² It is recommended that for the first three weeks you have had symptoms you complete these exercises only three days a week. After three weeks of symptoms the frequency of these exercises should be increased to six days per week.³

A small hand weight, dumbbell or preferably an exercise band can be used for these exercises. Start by supporting the 'affected' forearm (with tennis elbow) on your knee with your wrist over the edge and your palm facing down. Fix the band firmly under your foot (picture 1).

Picture 1



1. Use your other hand to pull your wrist back towards you stretching the band with it. Your other hand should do all the work to bring your wrist back.
2. Let go with your supporting hand and let the band slowly pull your wrist downwards.
3. Repeat fifteen times then rest for one minute.
4. Repeat another two sets of fifteen repetitions with a minute rest in between.⁴

You may feel moderate pain in your elbow towards the end of the exercise session. As the pain lessens try and gradually increase the weight or tighten the band to make it shorter and therefore increase the resistance.

References

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