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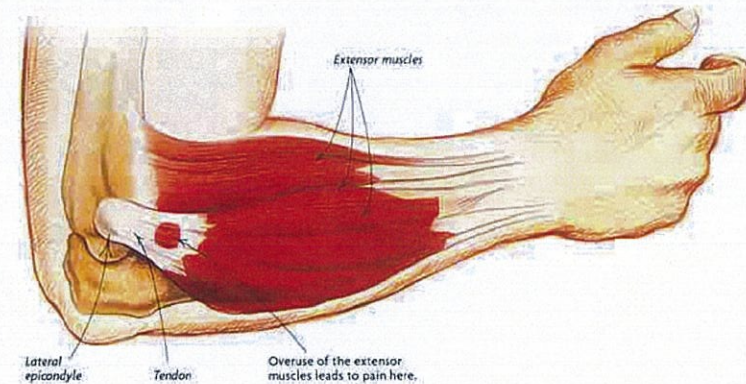
[www.nhs.uk/conditions/tennis-elbow](http://www.nhs.uk/conditions/tennis-elbow)



**TENNIS ELBOW  
PATIENT INFORMATION**

**What is tennis elbow?**

Tennis elbow, also known as lateral epicondylitis, is a condition that results in pain around the outside of the elbow. This is often as a result of overuse of the muscles and tendons in the forearm. It may be due to certain sports or everyday activities especially if you do a lot of heavy or repetitive arm activities.



**Common symptoms**

- Pain and tenderness on the outside of your elbow.
- Pain can also track down your forearm.
- Pain on repeated wrist movements, gripping activities or rotation of the arm.
- Difficulty in fully straightening your arm.

**How long will it last?**

In most cases, tennis elbow will gradually improve. This is a process that can vary in time from weeks to months, but in some cases can continue for up to 2 years.



### What can I do to help myself?

**Activity** - Continue your normal daily activities but do try to avoid any activities that aggravate your symptoms such as heavy lifting. Try and take regular breaks from activity.

**Medication** – If you have been prescribed pain relief take this at regular intervals until the pain settles. Your GP will advise you on this.

**Brace** – In some cases a tennis elbow brace or clasp may help. Your Physiotherapist or GP will be able to advise you.

**Ice** – Try applying cold to the area for 8-10 minutes several times a day. Wrap ice in a towel before using.

**Exercises** – Try the following exercises. If your symptoms worsen on doing the exercises then stop and ask the advice of your GP or Physiotherapist

1) Stretch the forearm muscles;



With your arm straight and thumb turned outwards, gently bend your wrist forwards until you feel a stretch in your forearm. Hold for 30 seconds. Repeat 3 times.

2) Eccentric strengthening exercise;



Rest your affected forearm on a table so your hand can hang over the edge. Use your non-affected hand to help extend your wrist backward. The let go and very slowly lower your affected hand down over the edge of the table. This can be made harder by holding a light weight in your hand.

You should do this exercises 15 times, 3 times daily

Try using ice for 10 minutes after you have completed these exercises.

### Other treatments that may be offered

- In some cases your GP may use a steroid injection or GTN patches to help ease the pain.
- You may be referred to a Physiotherapist. They may use acupuncture, taping or alternative exercises that are suitable for your individual case.
- In cases of severe pain which does not improve you may be referred to an Orthopaedic Surgeon for a surgical opinion. However this is rarely necessary.