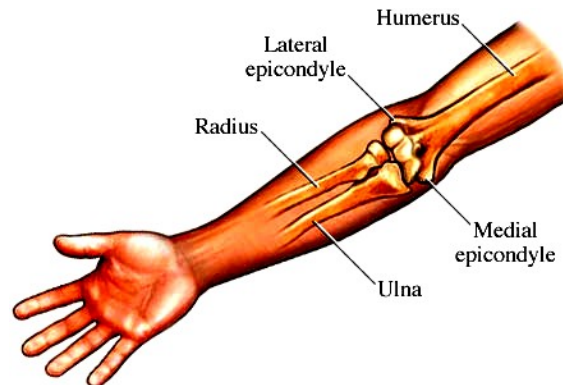


TENNIS ELBOW

One of the most important problems affecting the elbow joint is tennis elbow or lateral epicondylitis. The condition affects the tendon of common extensor origin at lateral epicondyle of humerus. The elbow joint is made of the arm bone or humerus and the radius and ulna bones of the forearm. The joint is mainly functional with the help of two important muscles namely biceps brachii which bends the elbow and triceps which straightens the elbow.



ELBOW ANATOMY

CAUSES:

The causes for tennis elbow can be repetitive use of the extensor muscles of the forearm like in the game of tennis when we play a back hand stroke. Similar overuse of the extensor muscles can be seen in activities which involve twisting and turning movements of the hand. The other possible cause can be trauma where a direct injury to the elbow can cause the inflammation at the site of the lateral epicondyle. Sometimes as a result of ageing degeneration of the tendon can take place which can be a cause for tennis elbow.

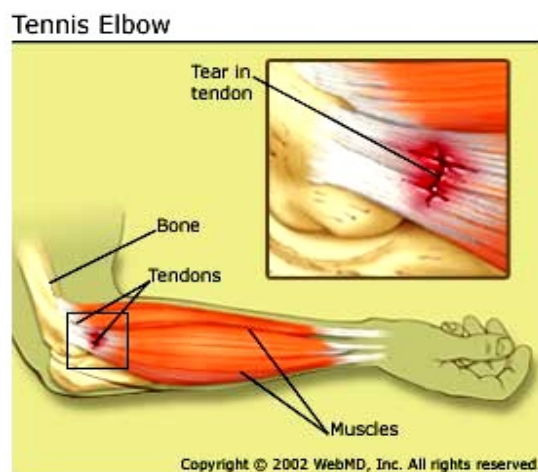


Who the people who can get affected by tennis elbow? Players, housewives, carpenters, painters, drillers and industrial workers.

Predisposing factors: certain conditions can predispose a person to tennis elbow. They are muscular imbalances, weak muscles, and faulty techniques in sport, use of inappropriate equipment in sport and use of improper grip in the use of sports equipments.

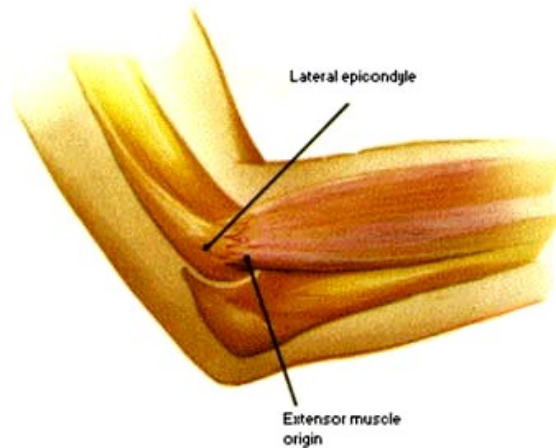
Pathophysiology:

The problem of tennis elbow can cause the tendon to go for degeneration and inflammation followed by micro trauma of the tendon.



Symptoms:

In tennis elbow the main problem will be the sharp pain in the lateral aspect of the elbow and tenderness, inability to carry even small weights and reduced grip strength.

**PHYSIOTHERAPY:**

The condition can be treated conservatively (non surgical method), surgically and pharmacologically. The non surgical method involves treatment by physiotherapy which includes heat therapy with modalities such as short wave diathermy, hot packs, ultrasound and infra red irradiation. Heat therapy helps in improving the blood circulation, scar mobilization and collagen extensibility. Other forms of physiotherapy include pain relieving modalities such as interferential therapy and transcutaneous electrical nerve stimulation that helps in relieving the pain by release of body's pain killer substances like endorphins and enkephalin and also by blocking the pain impulses to be perceived by the brain.



ULTRASOUND THERAPY TO ELBOW JOINT

EXERCISES:

The exercises play an important role in the management of tennis elbow. A variety of exercises are advocated in the treatment of the tennis elbow like ROM exercises, stretching exercises and strengthening exercises. ROM exercises are wrist extension, wrist flexion, radial deviation and ulnar deviation, pronation, supination, elbow flexion and extension exercises. The stretching exercises are prayer stretch, reverse prayer stretch and elbow stretch. The strengthening exercises include strengthening wrist extensors, wrist flexors and elbow extensors

To view exercises for Tennis Elbow please go to **Home exercises**