

Elbow Pain

Do you have Tennis elbow or Golfer's Elbow that won't go away?

Does it hurt every time you pick up that coffee cup or bag of groceries or turn the door handle?

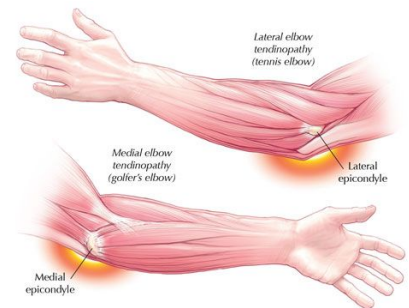
Elbow pain can be a real pain and hard to get rid of. There are various forms of elbow pain, but the most common are **Tennis Elbow** (lateral epicondylitis) or

Golfer's Elbow (Medial Epicondylitis). These are often caused by:

- Overuse injury – too much sport or too heavy lifting
- Excessive tightness in associated muscles, and
- Poor mechanics of movement.

Here are a few tips to try to help resolve your elbow pain:

1. Reduce sport and do a better warm up before doing any activity using your hands and wrist, including gripping activities.
2. Self massage the forearm below the pain from the elbow towards the wrist. You can also use heat on these muscles or a roller to help warm up and loosen the tight muscles.
3. Straighten your elbow, and hold your arm out, let your wrist drop towards the floor quickly (for tennis elbow) and then bring it back up slowly again to start position. Only do if no pain. Start without weights. Work on repetition and no pain. Aim for 3 sets of 10-15 reps. Add weight only after able to do 3 sets of 15 reps no pain consistently. Add ½ pound weight, or a soup can, and try again, but initially lower the repetitions.
4. Ice after any overuse activity, and heat before using (especially in more chronic tennis elbow).



Golfers Elbow(inside part of elbow) on left, Tennis Elbow (outside part of elbow) on right.

Often there are other contributing factors to elbow pain. If these tips do not resolve your pain, call for an assessment and treatment plan to help you overcome elbow pain!