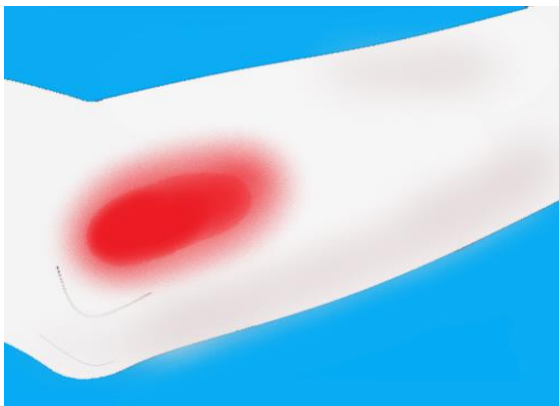


What is Tennis Elbow?

Tennis elbow is a collective term for pain on the outside of the elbow. Despite the name, it is not only people who play tennis that can develop this condition. It is frequently caused by repetitive actions of the wrist. It can also be caused by a sudden increase in activity or short, more intense bursts of activity; such as moving house or heavy gardening after a period of inactivity.

What causes Tennis Elbow?

A common cause for pain in this area is a strain of the tendons, which attach to the bone just above the elbow joint. Pain is usually to the outside of the elbow and will be different for everybody.



Some people may experience sharp pains with activity, while some people with experience aching, which can also disturb sleep in some cases.

The area may be tender to the touch, there can be swelling and pain can refer further down into the forearm. Again, this will be different for everybody.

How long will it last?

The symptoms of tennis elbow can last a few days, or can be present for a number of months, depending on how severe the irritation is and your response to the pain.

References:

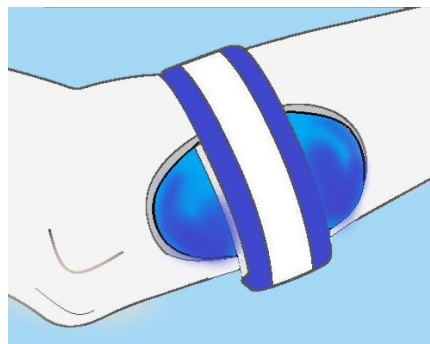
<https://www.nhs.uk/conditions/tennis-elbow/>
<https://cks.nice.org.uk/topics/tennis-elbow/>
<https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/>

What can be done to help?

Simple, self-help strategies might be all you need to resolve the problem.

Initially, reducing any repetitive or heavy loading of the arms may be enough to manage the problem successfully. Changing the way you lift heavy objects may reduce the load through the tendon. Lifting with bent elbows and the palms facing upward will help to ease any overload to the structures involved.

Simple pain relief may be appropriate to help manage your pain. Please seek advice from your pharmacist before you start taking any new medication to make sure you are aware of any side effects.



You may want to consider an epicodilitis clasp for pain relief during daily activity.

You should continue the exercises in this leaflet for at least 6-8 weeks after the pain disappears to help prevent symptoms returning. If your pain persists, it may be appropriate for a referral to a physiotherapist.

Other treatment options:

Steroid injections may be discussed by your GP or Physiotherapist. While the NICE guidelines still advocate the use of steroid injections, recent research does demonstrate that they may make the problem worse in the longer term. Rarely, surgery may be required. This should will only be considered after a comprehensive assessment and a course of physiotherapy.

The exercises are aimed at improving your tolerance to load through the tendons in your arm. The exercises may be uncomfortable, but should not be painful. If they do cause pain, reduce the number of exercise reps until you can better manage the irritation caused.

Your Physiotherapist will tell you how many you should be doing, depending on your symptoms.

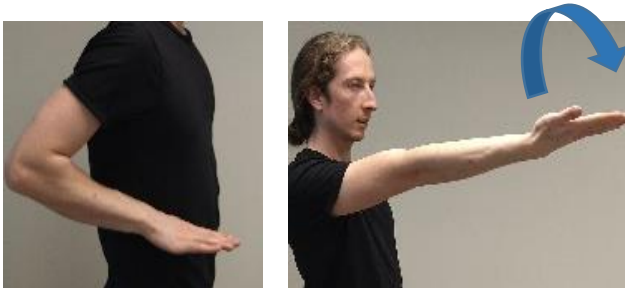
Holding a light weight. Support the forearm and let the wrist flex over the edge. Raise the weight slowly by extending the wrist



Holding a hammer or weight, support the forearm and rotate the wrist to face up and down



Tuck your hand in by your side with the palm facing down. In one movement straighten the arm and rotate the hand upward.



Hold the hand of the affected arm down, while you straighten the elbow. You may feel a stretch across the elbow. Hold for 12-15 seconds.



The exercises might be uncomfortable, this is fine, but you should not push into intolerable pain.

The symptoms will usually settle with simple treatments.

Pain relief may be appropriate, speak to your GP or Pharmacist about what's right for you.

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