

Tennis Elbow: Causes, Prevention, and Treatment Methods

Tennis elbow is a common condition that affects the tendons that attach to the outside of the elbow. It is caused by overuse of the tendons, which can occur from playing tennis, ng other activities that involve repetitive hand and wrist movements, or working in certain occupations. Tennis elbow can be a painful and disabling condition, but there are a number of things that can be done to prevent and treat it.



Tennis Elbow: Methods To Prevent It by Grant Cunningham

★★★★☆ 4.6 out of 5

Language	: English
File size	: 355 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 44 pages
Lending	: Enabled



Causes of Tennis Elbow

The most common cause of tennis elbow is overuse of the tendons that attach to the outside of the elbow. This can occur from playing tennis, ng other activities that involve repetitive hand and wrist movements, or working in certain occupations. Occupations that are at risk for tennis elbow include carpenters, painters, plumbers, and assembly line workers.

Other factors that can contribute to tennis elbow include:

- Age: Tennis elbow is more common in people over the age of 40.
- Gender: Men are more likely to develop tennis elbow than women.
- Smoking: Smoking can damage the tendons and make them more susceptible to injury.
- Obesity: Obesity can put extra stress on the tendons.

Symptoms of Tennis Elbow

The most common symptom of tennis elbow is pain on the outside of the elbow. The pain may be worse when you extend your wrist or bend your hand back. You may also experience stiffness, swelling, and tenderness in the area. In some cases, the pain may radiate down the forearm or into the hand.

Diagnosis of Tennis Elbow

Your doctor can usually diagnose tennis elbow based on your symptoms and a physical examination. Your doctor may also order an X-ray to rule out other conditions, such as a fracture.

Treatment for Tennis Elbow

The goal of treatment for tennis elbow is to reduce pain and inflammation and to restore function to the elbow. Treatment may include:

- Rest: Resting the elbow can help to reduce pain and inflammation. You should avoid activities that aggravate your symptoms.
- Ice: Applying ice to the elbow can help to reduce pain and swelling.

- **Compression:** Wearing a compression bandage can help to support the elbow and reduce swelling.
- **Physical therapy:** Physical therapy can help to strengthen the muscles around the elbow and improve range of motion.
- **Cortisone injections:** Cortisone injections can help to reduce pain and inflammation. However, cortisone injections should not be used frequently, as they can weaken the tendons.
- **Surgery:** Surgery is rarely necessary for tennis elbow. Surgery may be an option if other treatments have not been successful.

Prevention of Tennis Elbow

There are a number of things you can do to prevent tennis elbow, including:

- Warm up before playing tennis or ng other activities that involve repetitive hand and wrist movements.
- Use proper technique when playing tennis or ng other activities.
- Avoid overuse of the tendons.
- Strengthen the muscles around the elbow.
- Maintain a healthy weight.
- Quit smoking.

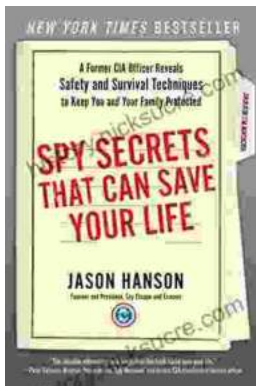
Tennis elbow is a common condition that can be painful and disabling. However, there are a number of things that can be done to prevent and treat tennis elbow. If you are experiencing pain on the outside of your elbow, see your doctor to rule out other conditions and to develop a treatment plan.



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