

# Information Sheet

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## Tennis elbow

Technically known as **lateral epicondylitis**, tennis elbow causes pain on the outside of the elbow joint and can refer into the forearm and wrist. It is generally caused by overuse but can be caused by trauma to the area. Tennis elbow causes inflammation of the soft tissues, particularly tendons, around the outer part of the elbow which causes pain and restricts movement.

**NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.**



## Self-help

- **RICE - Rest Ice Compression Elevation**
- **Rest** from activities that caused the pain and avoid until healed
- **Ice** the painful area to reduce the inflammation after use; apply for 20 minutes every 2 hours when necessary using an ice pack wrapped in a clean towel
- **Compression** can help especially when not resting; use a support such as a splint or taping to help when you have to use the arm. Kinesiotape works well to support the arm while healing takes place.
- When resting, place the arm along the back of a chair or on a cushion to get some **elevation** to help reduce swelling
- Exercise as normal if possible, but avoid activities that will strain the elbow joint
- Always warm up properly before any exercise
- Massage and ultrasound can both help reduce inflammation and aid the healing process
- Painkillers can be taken when necessary on the instruction of a doctor or pharmacist
- Always warm up prior to exercise
- Seek advice from a coach or sports professional to check if your technique can be adapted or even improved to prevent further injury

\*Please note, this is intended as a guide to how you can help improve the symptoms of tennis elbow at home. Should you require any further or more specific advice, please do not hesitate to contact me.