



# SYMMETRY

PHYSIOTHERAPY

## TENNIS ELBOW

Commonly known as 'Tennis Elbow' extensor tendinopathy refers to inflammation and damage of the tendons on the outside of the elbow. However, playing tennis is not a requirement for this condition!

Repetitive use of the forearm muscles during sport or with manual work can result in excessive loading and pulling of these tendons on the bone. In turn microscopic tearing can occur within the tendons causing pain and leaving them weak and vulnerable to further damage. If the repetitive loading continues, further microscopic tearing occurs and the tendons enter a degenerative and damaged state.

### Symptoms

Extensor tendinopathy usually results in pain felt on the outside of the elbow and forearm. Typically the pain develops gradually and is often ignored initially because it is only present for short periods with certain activities. It tends to be associated with activities involving repetitive gripping or resisted wrist extension (e.g. laying bricks, using screwdriver, knitting, typing). As the degeneration process accelerates, pain becomes more persistent, weakness can develop, and normal function is eventually impaired.

### Management

Extensor tendinopathy generally does not get better on its own if the causes are not addressed. Basic physiotherapy management usually includes:

- Activity modification
- Icing
- Stretching
- Soft and deep tissue massage
- Strengthening program
- Taping
- Bracing
- Electrotherapy
- Dry needling



## Locations

### *Altona North*

Corner of Mason and Mills Street,  
Altona North, 3025  
9392 2288

### *Hoppers Crossing*

Sports Medicine Centre  
333 Old Geelong Road  
Hoppers Crossing, 3030  
9369 4999

### *Sunshine*

Medical One Medical Centre  
Sunshine Plaza Shopping Centre  
324 Hampshire Road  
Sunshine, 3020  
93117266

### *Sydenham*

Medical One Medical Centre  
Corner Overton Lea Blvd and  
Keilor Melton Hwy  
Sydenham, 3037  
9390 3033

### *Tarneit*

412 Derrimut Rd  
Tarneit, 3029  
8742 2088

### *Taylors Lakes*

Medical One Medical Centre  
Corner of Sunshine Ave and  
Keilor Melton Hwy  
Taylors Lakes, 3038  
9390 8488