

## Could Your Arm Pain Be Tennis Elbow?



If your elbow is extremely sensitive to touch on the outside and the pain is greater when you lift or carry heavy things, you may have tennis elbow. Tennis elbow, properly known as lateral epicondylitis, can come from playing tennis, but overuse of the area for any reason can lead to this injury.

The pain you experience from tennis elbow mainly radiates from the area where the tendons of your forearm attach to the bone on the outside of your elbow. Over time, the pain can sometimes be felt down your forearm and to your wrist.

### Other symptoms of tennis elbow include

- Pain caused by touching or bumping the outside of your elbow;
- Pain when you extend, or cock, your wrist;
- A weakened grip; and
- Pain from gripping activities, such as shaking hands or turning doorknobs.

If left untreated, the pain from tennis elbow can worsen over time, and you may even feel painful symptoms when the area is at rest.

We can be an excellent resource in treating tennis elbow, employing **exercises and stretches that will strengthen the area** and **alleviate the painful symptoms**. We may also recommend wearing a strap or brace to reduce stress on the injury while it heals.

Self-care, the initial treatment for tennis elbow, includes rest, icing the area, anti-inflammatory medications (such as ibuprofen and naproxen) may be prescribed by your physician and exercises prescribed by us. More severe cases may require additional treatment options. If you suspect your pain might be tennis elbow, talk to us today.