

Tennis Elbow: Tendonitis not just for athletes

Known technically as lateral epicondylitis, this often affects people other than Tennis players. This can be the result of repetitive microtrauma, existing when the same action or movement is repeated continuously over an extended period of time. In tennis this pathology is usually the result of repetitious backhand strokes which overload the wrist extensor muscles in the region of the forearm/elbow, Pain is present in this area and can feel like an ache or burning sensation, often accompanied by stiffness when extending the elbow. Activities requiring gripping can also elicit the pain. In some instances the pain can travel down the forearm and into the index and middle fingers. Jobs or activities that can promote the onset of tennis elbow include keyboard hacking/data entry, prolonged driving i.e.: truck drivers, industrial workers and racquet athletes to name a few. It can also be the result of a new, prolonged activity for instance, the first gardening outing of the season, or chopping ice for the first time in the winter. Tasks as simple as wringing out a washcloth, holding a cup of coffee, or picking up a child can be affected by this condition. Traditional physical therapy and sometimes bracing can help resolve this condition. Visit your Doctor and see if physical therapy is indicated for you.