

What can I do about Tennis Elbow?

What is tennis elbow?

Lateral epicondylitis, commonly known as *tennis elbow*, is not limited to tennis players. Any activities that repeatedly stress the same forearm muscles can cause symptoms of tennis elbow. Any activities that repeatedly stress the same forearm muscles can cause symptoms of tennis elbow.

What does it feel like?

The main symptom of tennis elbow is tenderness and pain that starts at the lateral epicondyle of the elbow, the bump on the outside of your elbow. The pain may spread down the forearm. It may go as far as the back of the middle and ring fingers. The forearm may feel tight and sore.

The pain usually gets worse when you bend your wrist backward, turn your palm upward, or hold something with a stiff wrist or straightened elbow. Grasping items also makes the pain worse. Sometimes the elbow feels stiff and won't straighten out completely.

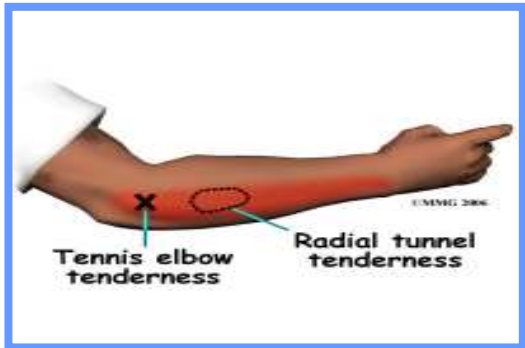
How is it caused?

Overuse of the muscles and tendons of the forearm and elbow are the most common reason people develop tennis elbow. Repeating some types of activities over and over again can put too much strain on the elbow tendons. These activities are not necessarily high-level sports competition. Hammering nails, picking up heavy buckets, or pruning the garden can all cause the pain of tennis elbow. In an acute injury, the body has an inflammatory response.

What can I do to make my pain go away?

When symptoms come from a particular sport or work activity, your therapist will observe your style and motion with the activity. You may be given tips about how to perform the movement so the elbow is protected. Your therapist can check your sports equipment and work tools and suggest how to alter them to keep your elbow safe.

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Natural remedies

Acupuncture

Acupuncture is one of the better studied remedies for pain, including the pain of tendonitis. Recent studies by the research group The Cochrane Collaboration evaluated the effectiveness of acupuncture for tennis elbow. The six studies that met their inclusion criteria suggested that acupuncture was effective for the short term relief of tennis elbow pain*.

* www.orthgate.com

According to traditional Chinese medicine, pain is believed to result from blocked energy along energy pathways of the body, called meridians, which are unblocked when acupuncture needles are inserted into the skin along those pathways.

Activating the area with Moxibustion can alleviate symptoms of tennis elbow or tendonitis and warm up the area, allowing healing to occur.

Massage and trigger point therapy

Locating small adhesions in the muscle tissue and applying pressure can help assist with the symptoms of tennis elbow. Once the fascia or connective tissue is strained it can affect the whole mechanics of the body part. So by releasing tight or painful spots along the arm, wrist and hand this can provide some relief to the affected area. Icing and resting the arm also can help.

Musculoskeletal Therapy

As for all inflammation and strain the first aid treatment of rest, ice, compression and elevation (or RICE) applies. Strapping the area can help support it as does resting as much as possible. Treatment is similar to RSI as it is caused by a repetitive movement. Elevating the arm on a pillow or arm rest can help as well as icing the area or a cold compress.

A Musculoskeletal Therapist will be able to assist with nerve pain and connective tissue and similarly to massage, be able to isolate tight areas and release through trigger points.



Herbs for healing the pain of tennis elbow

Our naturopath can advise you on which herbs would be the most suitable for your particular condition. Any herbs that help with warming can be taken orally as a blend or applied topically to the affected area. There are many herbs which are beneficial for inflammation like turmeric, arnica, chamomile, ginger, cava and peppermint.

Traumeel is a homeopathic cream helpful for inflammation and joint pain and is one of the few creams

suitable for use during pregnancy. Another powerful anti-inflammatory tincture is **Zen**, both products are available from our clinic.

For either of these products or for a Naturopathic appointment with Allie Boot please phone the clinic on 3229 0115 or drop in and see us!



We have gift vouchers for any amount or any treatment

Don't forget for last minute gifts an upcoming special occasion or just to say "thanks" we have gift vouchers available for any dollar amount or for any treatment type. Phone orders available!



Chill out or warm up this winter with a wheat bag from our clinic. We have an assortment of colours and sizes available. You can heat these in the microwave or pop in the freezer to treat inflammation.



We'd like you to meet our new therapists!

Justin Bose—Musculoskeletal and Remedial Massage

Justin was one of the first groups in Australia to complete his degree in **Musculoskeletal Therapy**. With a Diploma and a Degree he has been in high demand in his chosen field. Primarily using soft tissue techniques and posture correction he has proven success in pain reduction and increasing the mobility of his clients. He offers a thorough structural assessment and a combination of trigger point therapy and neuro-muscular techniques. Justin's goal is to work with you to lessen any pain, improve your posture and lead you on the way to better health.

For Musculoskeletal Therapy and Remedial Massage ask for Justin on Tuesdays and Thursdays



George Saunders—Remedial Massage

Since graduating George has fulfilled the demands of a broad range of people from diverse backgrounds such as construction workers, computer slaves and people seeking general relaxation. With a trade background, George has had first-hand experience in the stresses and demands of high level physical work. Similarly his confidence and knowledge of body mechanics assists him with sports and remedial treatments. With an interest in martial arts and training in Chinese Acupressure this gives him a subtle Yin/Yang approach to meet the varied needs of his clientele.

George is available for Remedial Massage on Monday, Tuesday, Wednesday and Saturday



Free Massage for the month of May—Congratulations to **Ashleigh Fallon** winner of the business card draw for May. For your chance to win—drop your business card in the box at reception. Ashleigh wins a complimentary 30 minute massage.

Don't forget if you would like to come in for an hour on a Saturday we offer 10% off massage!



Remedial Massage

Acupuncture

Musculoskeletal Therapy

Naturopathy

Corporate Massage

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