

# Lateral Elbow Tendinopathy

## Advice and treatment

Lateral elbow tendinopathy (also known as ‘tennis elbow’) is classified as an overuse injury of the tendons on the outside of the elbow.

## Signs and symptoms

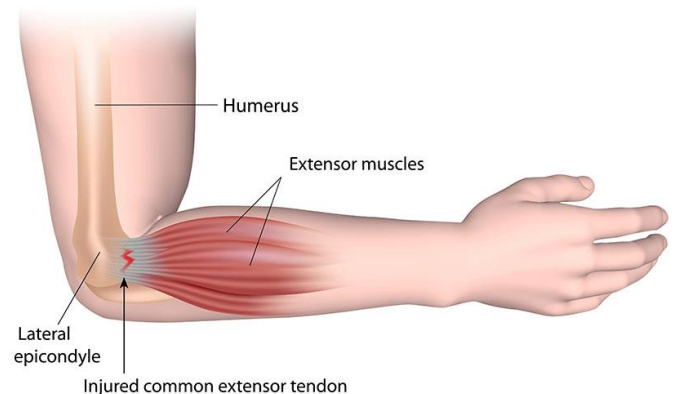
Anybody can get lateral elbow tendinopathy, but it’s most common in people between ages of 40 and 60.

The pain occurs at the point where the forearm muscle tendons attaches to the bone.

Tennis elbow can be very painful but many people recover within a year without any treatment.

Symptoms can include:

- Pain and tenderness on the outside of the elbow
- Pain travelling down the forearm
- Discomfort with gripping related activities, such as opening a jar or using a door handle
- Your elbow feels stiff or sore when you wake up in the morning



You can find out more about lateral elbow tendinopathy – including causes, symptoms and treatment suggestions – from the NHS website

Visit NHS website [nhs.uk/conditions/tennis-elbow/treatment/](https://www.nhs.uk/conditions/tennis-elbow/treatment/)

# Treating lateral elbow tendinopathy


## What you can do

Recovery involves easing the symptoms, and gradually increasing your exercise to build up the strength around your elbow. Here are some changes that may also help:

- In the short term you may need to rest or do easier version of the activities that make your symptoms worse
- Wearing an elbow strap – often available in local chemists and online - may help to ease the pain
- Anti-inflammatory tablets or gels/creams may be helpful. Painkillers may also be useful, talk to your GP or pharmacist for further information and advice
- Applying heat (for example, a heat pad) or ice (for example, frozen peas wrapped in a damp towel) to your shoulder area for 10 minutes twice a day can help keep swelling down

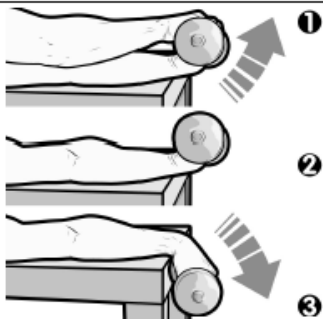
## Exercises

Do the following exercises slowly – daily, following the suggestions below – to strengthen your muscles. If your pain gets worse, take a rest and come back to them another time.



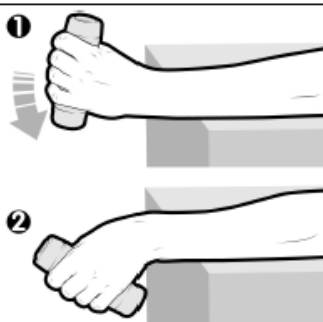
**ISOMETRIC WRIST EXTENSION**  
Sitting at a table with elbow bent to 90° and palm facing the floor underneath a table, push back of hand upwards into table and hold for 5-10 seconds. Ensure contraction is comfortable. Relax and repeat. If no table is available can use other hand as counterforce.

SETS & REPS: 3 x 15                      FREQUENCY: 1-2 x day



**WEIGHTED ECCENTRIC WRIST EXTENSION**  
Rest your straight arm across the corner of a table so that your hand is over the edge (palm down) holding a weight - start with 0.5kg/ a tin of beans. Use your opposite hand to extend your wrist up as far as you can (1). From this extended position (2) slowly lower your hand (a 5 sec count) into wrist flexion (3). Repeat.

SETS & REPS: 3 x 15                      FREQUENCY: 1-2 x day



**WEIGHTED ECCENTRIC ULNAR DEVIATION**  
Hold a hand-weight, with the side of your forearm flat on the table and hand over the edge. Starting with your wrist bent up towards your thumb (1), slowly lower your hand (a 5 second count) down towards the floor (2). Return to the start position and repeat.

SETS & REPS: 3 x 15                      FREQUENCY: 1- 2 x day

This leaflet is intended to support the advice you've received from your GP and Physiotherapist. Please contact them if you have any further questions.

The exercise diagrams have been created by The Rehab Lab.

Visit Rehab Lab website [TheRehabLab.com/](http://TheRehabLab.com/)

## How to contact us

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