

# Tennis elbow

Our Certified Hand Therapists offer therapy for patients who have developed tennis elbow. You may receive a cortisone shot from your doctor but the symptoms may return. The chances of symptoms returning with patients who have had therapy is minimal.

Therapy includes:

### Regaining pain free ROM in the affected upper extremity

- Individualized Exercise program to regain pain free ROM of the affected wrist and elbow.

### Managing/ preventing worsening of symptoms and recurrence of symptoms

- Massage arm
- Stretches / flexibility
- Correct ergonomic setup & use
- Sports training

### Modalities

- Ultrasound
- Laser
- Ice

Improving strength of the extensors of the wrist and shoulder to prevent recurrences.

## Prescription

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis & Surgery: \_\_\_\_\_

Date Of Surgery: \_\_\_\_\_

**Prescription:**  Evaluate and Treat as Needed, PRN

*I certify that this hand therapy is medically necessary according to normal standards of care. Unless otherwise specified, valid for one month*

**Frequency:** Therapists Discretion  \_\_\_\_\_ times/week x Duration: \_\_\_\_\_ Wks

Signature: \_\_\_\_\_

Cal Lic #: \_\_\_\_\_

# Hands-on-Care

499 Blossom Hill Rd,  
San Jose, Ca 95123  
Phone: 408-268-8536 Fax: 408-268-8727

2242 Camden Ave, Ste 201  
San Jose, CA 95124  
Tel: 408-884-8361 Fax: 408-884-8359

Www.HandsOnCareTherapy.com

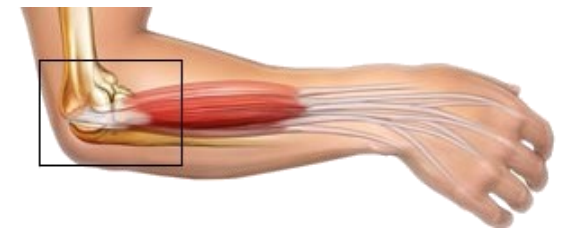


Hands-On-Care  
presents

# Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy



## Tennis Elbow

{ [Www.HandsOnCareTherapy.com](http://Www.HandsOnCareTherapy.com) }



## Therapy for Tennis elbow

Take this simple test to figure out if you need therapy for tennis elbow ..

### Call Hands-On-Care if you:

#### YES NO

- Difficulty lifting a cup of coffee
- Dropping objects
- Pain worsens with use
- Mousing on the computer worsens it
- Difficulty with the tennis back hand
- Difficulty with grabbing the gallon of milk from the refrigerator.
- Picking up grocery bags increases pain.
- Weakness in shoulder, reaching away from the body
- Must stop an activity due to pain or due to lack of strength
- Must take medication to help alleviate pain more than once per week.

Results:

#### Less than 3 Yes

You're doing fine. Exercising may help keep your hands in check.

#### Between 3 and 6 Yes

Hand Therapy could definitely be an option for you.

#### More than 6 Yes

We would advise you to see a doctor to get a better diagnosis, but Hand Therapy is definitely an option.

---

The exercises contained in this page are inherently safe. However, as with any exercise program, there is a possibility for injury. Since we are not able to monitor you as you perform these exercises, you must assume them at entirely your own risk. If you have any health concerns at all, please obtain the consent of a qualified Health Care professional before attempting any exercises.

If you perform these exercises, this means that you personally accept any consequences involved in doing these exercises. Hands-On-Care does not assume any liability for the risks involved in doing these exercises. None of the information herein is meant to replace or serve as the advice of a qualified health care practitioner.

---

From beginners to professionals, tennis elbow, the most common injury in the sport, is seen in approximately one-third of the tennis population. Individuals suffering from tennis elbow may report that they have pain at the outer side of the elbow performing activities using the

hand or wrist. As a result, daily activities such as typing, ironing, vacuuming, writing or even lifting a coffee cup may become too painful to perform. For tennis players, some of the causes of tennis elbow can be playing too long or too frequently, poor stroke mechanics and back hand swing. Improper equipment relating to grip size, string tension, racket weight, frame rigidity or the length of the racket can add to the problem as well.

---

#### Treatment for tennis elbow

Your doctor may give you a cortisone shot in the elbow which would help relieve the symptoms. However, if you do not change the ways you do your daily activity or continue to use your hand in ways that initially caused the injury, it will ultimately cause the problem to return. To prevent the problem from returning you just need to do the right exercises at the right time. Treatment by a Certified hand therapist is covered by all insurances.

You need to obtain a prescription from your physician for therapy.



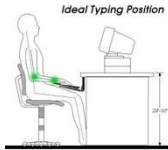
# Therapy for Tennis Elbow

A max of 8-12 sessions are needed in the early stages of the disease to learn all the exercises and regain full function of the arm and prevent recurrence.

**SPORTS TRAINING:** People may develop tennis elbow from a sports related activity, however the symptoms may linger on due to poor ergonomic setup.



**ERGONOMIC ASSESSMENT:** So in addition to correcting sports technique, you may need an ergonomic assessment along with exercises.



**MODALITIES:** In early stages your therapist can use **Iontophoresis** patches (mobile cortisone patches instead of receiving a cortisone shot) to reduce symptoms and progress to stretching and strengthening program, they may also use **ultrasound** and offer **cold laser**



**COUNTERFORCE BRACE:** Some patients may benefit from counterforce brace to



reduce symptoms. Your therapists will determine which brace would be most beneficial to you, along with aping technique.

**CUSTOM SPLINTS:** Some patients who present with acute symptoms benefit from custom wrist cockup splint in the early stages of the tendonitis.



**EXERCISES:** Patients can then start with flexibility exercises throughout the day, until symptoms subside



along with ice massage and laser treatments.



Your therapist will teach you correct lifting techniques



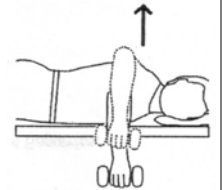
to minimize flare-ups. Once the pain subsides the therapists can then ask the patient to perform specific forearm strengthening exer-



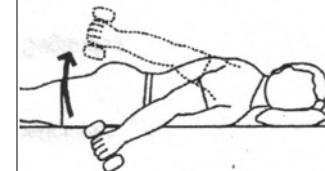
cises. Majority of patients presenting with tennis elbow also present with shoulder weakness.

**SHOULDER STRENGTHENING:** Strengthening the shoulder is crucial to maintain the scapula against the rib cage, this will keep the shoulder in the right place to ensure maximum performance of elbow and hand.

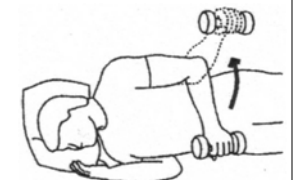
Shoulder Rows



Shoulder Extension



External rotation



*So don't delay, ask your surgeon/physician to refer you to a certified hand therapist to get better faster and prevent recurrence.*