
What is Tennis Elbow?

Description

Tennis elbow, medically known as lateral epicondylitis, is a painful condition involving the tendons that attach to the bone on the outer part of the elbow.

Understanding Tennis Elbow

Tennis elbow is a type of tendinitis, swelling of the tendons, that causes pain in the elbow and arm. These tendons are bands of tough tissue that connect the muscles of your lower arm to the bone. The condition is often associated with repetitive activities that strain the muscles and put too much stress on the tendons.

Symptoms

The symptoms of tennis elbow include:

- Pain and tenderness in the bony knob on the outside of your elbow
- Pain that may also radiate into the upper or lower arm
- Pain when lifting or bending the arm
- Pain when gripping small objects, such as a pen
- Difficulty extending the forearm fully

Causes and Risk Factors

Tennis elbow usually develops over time. Repetitive motions, like gripping a racket during a swing, can strain the muscles and put too much stress on the tendons. That constant tugging can eventually cause microscopic tears in the tissue.

Tennis elbow might result from:

- **Tennis:** If you use a poor technique in your tennis swing, it can put more stress on your tendons.
- **Other Racquet Sports:** Improper technique in badminton or squash can also cause tennis elbow.
- **Certain Jobs:** Painters, plumbers, construction workers, cooks, and butchers are more likely to get tennis elbow. This is because the actions of their jobs can stress the tendon.

Prevention and Treatment

Prevention methods can include:

- **Strengthening Exercises:** Regular exercises can help to strengthen the forearm muscles.
- **Using the Right Equipment:** Using lighter sports equipment or loosening the grip on tools can

help to reduce the strain on your arm.

- **Taking Breaks:** Avoiding repetitive movements and taking breaks during activities can help to prevent the condition.

Treatment methods can include:

- **Rest and Over-the-Counter Pain Relievers:** Resting the arm and using pain relievers can help to ease pain and reduce inflammation.
- **Physical Therapy:** Specific exercises can help to stretch and strengthen the muscles.
- **Surgery:** In severe cases, removing the damaged part of the tendon may be necessary.

For more information on tennis elbow, its causes, prevention methods, and treatments, consider visiting our website or contacting a healthcare professional.

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