

What should I do if the pain increases with exercise?

- If your pain increases, initially reduce your activity levels. As your arm starts to feel better you can gradually start exercising again.
- However, if your pain increases significantly stop the exercises and consult your GP or physiotherapist before continuing.

General Advice

- Keep your arm gently moving, but avoid activities that aggravate your pain for the first few days.
- The sooner you commence early exercise, the better your recovery.
- Pace your activities throughout the day to avoid flare-ups.
- Don't keep your arm still, it will get stiff and healing will take longer.
- If your symptoms get worse, or do not improve please seek further medical advice.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فبإمكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই পত্রিকাটি বুঝতে পারছেন না, তবে আপনার জন্য আমরা একজন অনুবাদকর্মী সংস্থার ব্যবস্থা করতে পারি।

如果您不明白本單張的內容，我們可為您安排口譯員服務。

如你唔明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 366

Publication Date: April 2011

Review Date: April 2013



Lateral Elbow Pain (Tennis Elbow) Advice for Patients



What causes lateral elbow pain?

- It is often associated with repeated activities of the hand including; gripping, lifting and carrying or activities such as typing or painting.
- Lateral elbow pain is often called tennis elbow.

What are the symptoms?

- Pain usually on the outside of the elbow that can spread into the forearm and hand.
- Difficulty with gripping objects.
- Reduced strength.

How long will it take to recover?

- Healing from soft tissue injuries normally takes about six weeks, though everyone recovers from injuries at different rates.
- The pain usually starts to settle within a few days.
- The majority of simple strains do not cause lasting problems, as the body is very good at healing itself.

What treatments can I use?

Pain killers

- If your GP has prescribed pain killers, then these should be taken at the recommended dose.

Cold Pack

- A cold pack (ice pack or frozen peas wrapped in a damp towel) can also provide short-term pain relief. Apply to the sore area for up to 15 minutes, every few hours.

Early Movement and Exercise

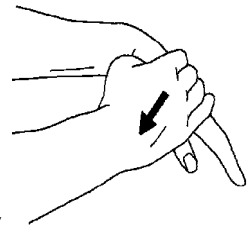
- In the early stages it is best to avoid the activities that aggravate the pain. However, it is important to keep the elbow and hand moving fully to prevent stiffness.
- Do not rest for long periods at a time as this will lead to stiffness and weakness and prolong your recovery.
- Simple, graded exercises can be performed to help gain full function of your elbow and hand.

Exercises for your elbow

1. With your elbow straight, hold the fingers of the hand to be stretched. Gently extend the wrist until you feel a stretch in the underneath of your forearm. Hold for 10 seconds.



2. With your elbow straight, gently stretch your hand downwards feeling a stretch in the top of your forearm. Hold for 10 seconds.



Exercise Illustrations: © PhysioTools Ltd

Please Note: These exercises should not increase your pain. Perform each exercise gently and slowly, only moving as far as feels comfortable. Perform each exercise up to 10 times, 2 or 3 times per day. If your pain increases significantly stop the exercises and consult your GP or physiotherapist before continuing.