

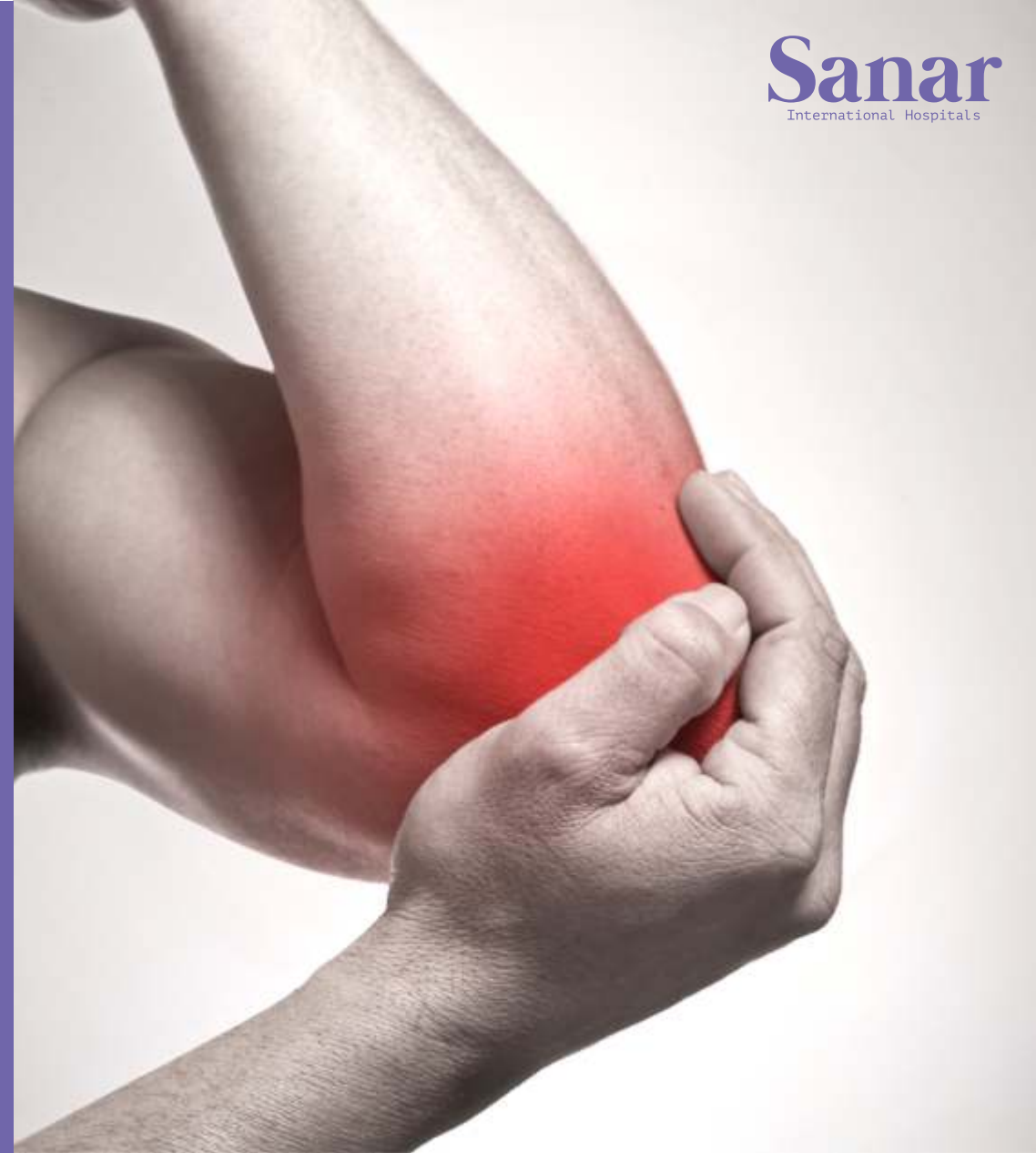
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Understanding  
**Tennis Elbow**

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## What is Tennis Elbow

Tennis Elbow, clinically known as Lateral Epicondylitis, is a condition characterised by pain and inflammation on the outer part of the elbow. Despite its name, Tennis Elbow is not exclusive to tennis players and can affect anyone who engages in repetitive arm movements or overuses the forearm muscles.

### Causes

Tennis Elbow arises from the excessive use and stress placed on the muscles and tendons in the forearm. Activities that involve gripping, twisting, or repetitive wrist movements can contribute to the development of Tennis Elbow. Common causes include playing tennis, other racquet sports, manual labour, and activities such as typing or carpentry.

### Symptoms

- Pain on the outer part of the elbow
- Weak grip strength
- Difficulty in holding or lifting objects
- Stiffness in the elbow joint
- Worsening pain during gripping activities

### Diagnosis

If one experiences the symptoms of Tennis Elbow, it is essential to consult a healthcare professional. A thorough physical examination and medical history review are done to diagnose Tennis Elbow.

### Treatment

- **Rest and Activity Modification:** Allow the affected arm to rest, and avoid activities that worsen the symptoms. Modify the technique or equipment if the condition is related to a specific sport or activity
- **Cryotherapy:** Applying ice packs to the affected area for 15-20 minutes at a time, several times a day can help to reduce inflammation and alleviate pain
- **Anti-Inflammatory Medications:** Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) can help manage pain and reduce inflammation. Consult with the doctor once before taking any medication
- **Physiotherapy:** A Physiotherapist can recommend exercises to strengthen and stretch the muscles, improving flexibility and promoting healing
- **Bracing:** Wearing a brace or splint can help reduce strain on the affected tendon and promote healing
- **Corticosteroid Injections:** In some cases, the doctor may recommend Corticosteroid Injections to reduce inflammation and pain
- **PRP Injection:** It is a concentration of plasma with a greater count of platelets than that of whole blood. Its action depends on the released growth factors from platelets

### Prevention

To prevent Tennis Elbow or reduce the risk of recurrence:

- Warm up and stretch the muscles properly before engaging in physical activities
- Use proper technique and equipment during sports or manual labour
- Gradually increase the intensity and duration of activities to avoid sudden strain on the forearm muscles

### When to Seek Medical Attention

If the symptoms persist or worsen despite treatments, it is crucial to consult a healthcare professional for further evaluation and guidance.

Tennis Elbow can be a challenging condition, but with appropriate care and lifestyle modifications, most individuals can experience significant improvement. Early diagnosis and a comprehensive treatment plan tailored to your specific needs are essential for a successful recovery. Consult your healthcare provider for personalised advice and support if there are any concerns or questions about Tennis Elbow.