



## TENNIS ELBOW...

Will a Little Rest Do the Trick?

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### o Listener Question...

**Is there really such a thing as tennis elbow? I have heard that its just a medical term for elbow pain and that REST is the only relief?**

FIRST THINGS FIRST.....It's legit – no doubt!

Tennis elbow is the layman's term for Lateral Epicondylitis...meaning an inflammation of the forearm tendons attaching at the outside of the elbow (lateral epicondyle). "Itis" refers to inflammation.

*Truth be told – once this condition lasts long enough research more wear and tear and breakdown of the integrity of the tendon can occur...then called "tendinosis."*

#### o Key to Treating Tennis Elbow: Determine Why It Developed

- Poorly fitting equipment (see your pro or coach)
- Poor hitting technique (see your pro or coach)
  - Remember that oftentimes poor technique is really caused by bad habits developed in order to compensate for the physical shortcomings mentioned below! (meaning you should still see your favorite PT)
- Physical Limitations – Poor Biomechanics (see your PT)
  - Finding where your body is underperforming is critical.
  - Frequently symptoms develop at an area adjacent to or even far away from the real underlying cause. The body part or tissue that "steps up to the plate" to compensate may be the first place you get pain.

Focusing treatment on merely resolving your pain or strengthening that painful body part, in this case your elbow...could be **COMPLETELY MISSING**

**THE REAL PROBLEM!**

Call Peak PT @ 218-0240 if you need help with your elbow!



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