

Other Medical Treatments

- Anti-inflammatory drugs may be prescribed by your doctor
- Your doctor may offer a corticosteroid/steroid injection to reduce the inflammation

If an Injection was Done, Please Take Note of the Following:

- Perform swelling management (e.g. cold compress, retrograde massage, elevation of affected elbow) as recommended by your doctor if required
- Perform range-of-motion exercises and graded strengthening exercises as recommended by your doctor
- Modify the way you do your daily activities to minimise movement

Clinic B1C
TTSH Medical Centre, Level B1
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sg

Department of
Occupational Therapy

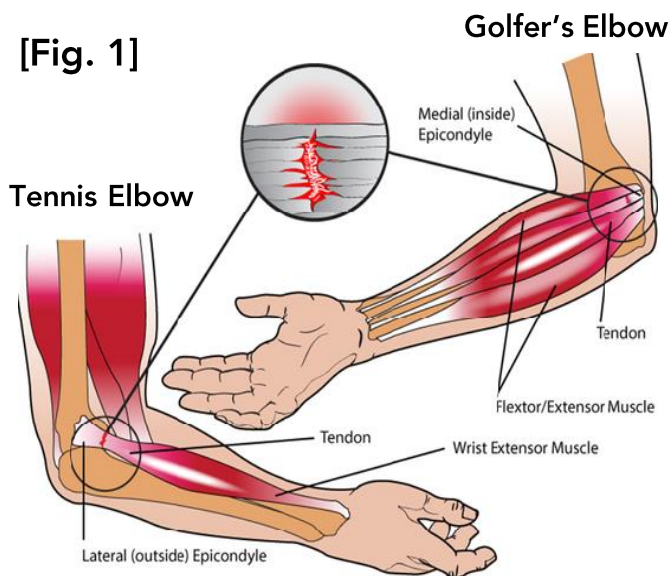
Rehabilitation for Tennis Elbow and Golfer's Elbow



Understanding Tennis and Golfer's Elbow

- Both Tennis and Golfer's Elbow occur when a tendon fibre (connective tissue) becomes inflamed. The affected area becomes red, warm and swollen. Pain is felt when an affected tendon fibre or muscle is used.

[Fig. 1]



Tennis Elbow (Lateral Epicondylitis):

- An inflammation of the tendon fibres that connect the forearm muscles to the lateral (outside) of the elbow [Fig. 1]
- The affected muscles stretch the wrist and fingers, which causes pain.

Golfer's Elbow (Medial Epicondylitis):

- An inflammation of the tendon fibres that connect the forearm muscles to the medial (inside) of the elbow [Fig. 1]
- The affected muscles tighten the wrist and fingers, which causes pain.

Potential Causes

- Repetitive wrist movements such as:
 - During cooking: using a knife, wringing of towel
 - During sports: using a badminton racket, lifting a heavy dumbbell
 - During work: using a hammer or other hand tools
 - During leisure time: knitting, drawing, etc



Repetitive Strain Injury

Signs and Symptoms

- Pain and discomfort when pressure is applied to the affected area
- Pain at the affected area during sudden forceful activities such as grasping, pulling or carrying objects
- Swelling over the affected area
- Weakness over the hand or wrist when trying to exert force/use strength

Your active participation/effort is essential for therapy to be effective!

Hand Occupational Therapy

- Rest and minimise movement or activities that increase the pain
- Modify the way you do your daily activities



Avoid wrist bending Hang dry your towels



Use a spinning mop

- Use a counterforce brace or splint as recommended by your doctor



- Perform range-of-motion exercises and graded strengthening exercises as recommended by your doctor
- Learn self-management strategies (e.g. the above examples and taking breaks between each activity) to reduce the risk of injury happening repeatedly