

SportsWise Physiotherapy

MARCH 2013

MONTHLY NEWSLETTER

CONTACT US

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OPENING HOURS :
Monday to Thursday
7AM - 7PM
Friday
7AM - 6PM
Saturday
8AM - 12PM

South Street

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WA 6148

TEL : 9313 7433
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OPENING HOURS :
Monday to Thursday
7AM - 7PM
Friday
7AM - 6PM
Saturday
8AM - 12PM

Willetton

Willetton Basketball Stadium,
Burrendah Boulevard,
Willetton,
WA 6155

TEL : 9312 1188
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OPENING HOURS :
Monday, Wednesday
2PM - 7PM
Tuesday
3PM - 7PM
Friday
12PM - 3PM

OUR PHYSIOTHERAPISTS

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'SportsWise Physiotherapy'

Lateral Epicondylalgia

INTRODUCTION

It is a relatively common disorder at the elbow. It affects 1 – 3% of the general population and is commonly referred to as 'tennis elbow'. It occurs primarily between the age of 35 and 50 years, with no gender preference. Tennis players and workers who perform manual tasks requiring a combination of force, repetition and poor posture are at higher risk. However, it also affects people who have no obvious precipitating event.

PATHOLOGY

The lateral epicondyle is a small bony prominence on the outside of the arm just above the elbow. It is the attachment point for the tendons of the forearm muscles. Injury can occur from a single incident that overloads the tissues, but more commonly damage happens with overuse or repeated microtraumas. This leads to degeneration of the tissues and eventually pain when the muscles are stretched or forcefully contracted.

SIGNS & SYMPTOMS

- Pain & tenderness over the outside of the elbow
- The pain is described as deep, aching, and throbbing
- Elbow and/or forearm pain with gripping
- Reduced grip strength in the affected arm

TREATMENT

According to International Association for the Study of Pain, management is multimodal and includes the following:

- Topical application of nonsteroidal anti-inflammatory drugs is effective for short-term pain relief.
- Corticosteroid injection provides short-term, but not long-term, pain relief.
- Ultrasound therapy is effective for relief of pain.
- Exercise programs are necessary for decreasing pain and improving function.
- Ice is recommended in some patients for decreasing pain.
- Physiotherapy, particularly joint mobilization, is effective over both the short and long term.

The above is intended as a guide only. If you recently suffer from elbow pain and would like to see a physiotherapist, please contact us at any of our three practices.