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Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact either:

Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours.

Email: pals.hchs@nhs.net

Patient Experience Team

Tel: **01707 388036**

9.30am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: complaints.hchs@nhs.net

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Tennis Elbow

Self-Management Information for Patients



*This leaflet has been produced by staff working in our Outpatient
Physiotherapy teams, part of our Musculoskeletal Service*

About Tennis Elbow

A tendon attaches muscle to bone. Tennis Elbow concerns the tendon that attaches your forearm muscles to your elbow bone.

It is commonly caused by overuse or a sudden increase in activity. As tendons do not have a good blood supply their healing is slow.

Gradual loading helps to increase blood flow which aids recovery. It can be very tender to touch but this is rarely a sign of anything serious.

Treatment

If your elbow pain has started within the last week, it is advisable to follow PRICE:

- Protection
- Rest
- Ice
- Compression
- Elevation

You may find the use of a clasp around the painful area helpful – these can be bought in most chemists.

If your elbow pain has lasted more than 5 days you may find heat beneficial and may need advice from your local pharmacist for over-the-counter pain medication, creams or gels.

Massaging the painful area can help. This can be done with a moisturising cream, gel or ice but make sure you take precautions to protect your skin from irritation or ice burn.

Suggested Exercises:

Stage 1:

Wrist Extensor Stretch

With elbow straight, bend wrist down using other hand. Hold for 10 seconds and repeat 5 times.



Isometric Wrist Extension
Rest forearm on table. Try to lift hand up, resisting with your good hand. Hold for 10 seconds and repeat 5 times.

Active Through Range Flexion/Extension Over Table

Rest forearm on table. Relax wrist. Lift hand up as far as you can and then slowly lower back down. Repeat 10 times, 3 sets.



Stage 2:



Through Range Wrist Flexion/Extension with Weight or Resistance Over Table

Rest forearm on table with a small weight in your hand. Starting with wrist down, raise hand up and slowly lower to start position. Repeat 10 times, do 3 sets.

It is important to try to stay as active as your pain allows. Too much rest doesn't help the tendon heal and can prolong recovery in the long-term. Gradual progression of activity and exercise is the best way to help your tendon recover.

If your symptoms worsen or persist after completing these exercises for 8 weeks, then please seek further medical advice from your GP.