

# TENNIS ELBOW IN PROFESSIONAL SNOOKER

Back in 2003 I was working on my snooker power shots and ended up with a very painful case of tennis elbow.

For the next 18 months I was wearing a support strap around the injury whenever I played but it was not getting any better even though I was having physio and avoiding the power shots as much as possible.

A friend then suggested I give the Biopton Light Therapy a try and was kind enough to lend me his to see if it would be of any help.

After just 2 weeks of using it for 20 minutes twice a day, I noticed a huge improvement so purchased my own and continued the treatment. After about one month in total I stopped the daily treatment and was able to play the full range of shots again.

The Biopton seemed to kick start the healing process whereas before using it my body was struggling to cope.

I now know to use the Biopton at the first sign of pain caused by the many hours of practice needed to excel in my sport.

Over the last 2 years while in my late forties I have in fact enjoyed my best ever results. In 2007 I won the Australian Open Snooker Championship, the Australian National Snooker Championship, the Australian Masters Snooker Championship and topped the Australian Snooker Rankings for the first time.

Good results have continued this year as just last week I won the 2008 Oceania Snooker Championship which means I now represent Oceania in the 2008 IBSF World Snooker Championship as well as in the 2009 World Games.



Glen Wilkinson  
Professional Snooker Player & Coach  
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