

Addressing Tennis Elbow Pain



Simien™ Sports

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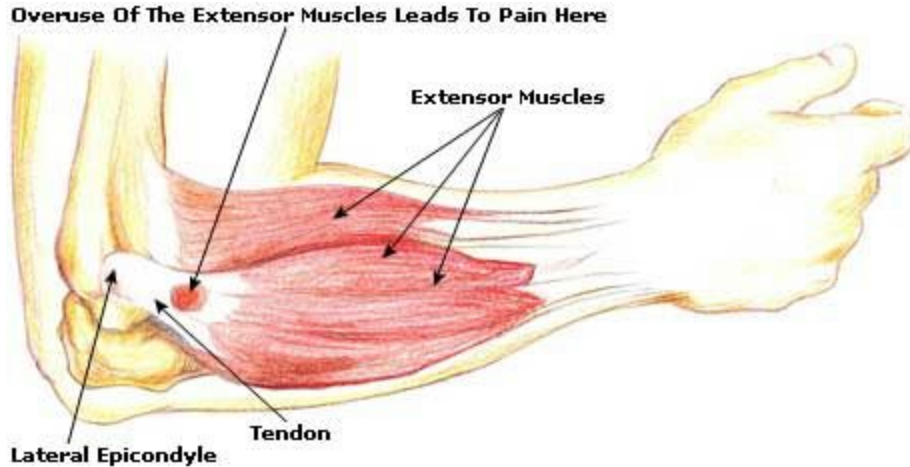
Go to SimienSports.com/ebook to enter our **VIP program** where you will get deep discounts and other news on our products. We plan on providing a second tennis/golfer's elbow product in the near future that we think you will love. Make sure to sign up so you don't miss it.

The information below is not intended as medical advice. Please seek the services of a qualified medical professional.



Diagnosis

Tennis elbow, or lateral epicondylitis, is a common elbow injury of racket sport players, manual laborers and computer/keyboard users. Tennis elbow is an overuse injury resulting from the performance of repetitive motions with the hand and forearm, such as swinging a tennis racket, using a hammer and many other activities. Such repetitive motions can cause inflammation of the muscles of the forearm (extensor muscles). The symptoms of tennis elbow include pain, soreness, and weakness in the muscles on the outside of the forearm. The treatment of tennis elbow is usually conservative, relying on rest, ice, and anti-inflammatory medication. Golfer elbow, or medial epicondylitis, is also a common injury for golfers and can be diagnosed and treated in a similar manner to tennis elbow.



When attempting to diagnosis tennis or golfer's elbow, a doctor or physical therapist will test for tenderness on or near the bony knob of the elbow joint. Pain that increases when bending the wrist back is also indicative of tennis elbow. Tennis elbow related pain also increases when gripping. Thus, shaking hands may be painful. Finally, a perception of weakness or chronic muscle fatigue in the forearm muscles is an indicator of tennis elbow.

Treatment

The first step should be to consult a qualified medical professional. There are three different phases to consider for tennis elbow rehabilitation, and they can be summarized as follows:

The first phase is to immediately reduce inflammation and pain. This process has three parts.

- 1) Rest to avoid further injury. You can still engage in activities that use the extensor muscles in the forearm but make sure it is not painful when you do it.
- 2) Use ice frequently to reduce inflammation which can help with the healing process.
- 3) Use compression and elevation to help reduce swelling.

In the second phase of tennis elbow rehabilitation, exercise comes into play. It is important to

increase your elbow flexibility, strength and endurance. In order to get the elbow functioning properly again, remember these key points:

- Flexibility is achieved primarily by extending the elbow gently without flexing it, and holding the extended position for up to 30 seconds, but NOT to the point of pain, and doing this perhaps 10-15 times a day.
- To strengthen the affected area, sit with your elbow on your knee, with a weight not exceeding 1 lb. in your hand, and palm downwards, flex your wrist up and down slowly. Note that the elbow should not move at all. Repeat the exercise with your palm facing upwards. You should gradually increase the weight as your strength grows, and always use an ice pack afterwards.
- A useful exercise is to get a tennis ball, squeeze it in your hand, and repeat a few times. Remember that there should be no pain (video resources cited below).
- Use an elbow brace/support/splint for your everyday activities to provide compression and pain relief. The Simien™ Sports Tennis Elbow Brace is a great choice to provide the right amount of pressure over these areas for elbow/forearm pain sufferers. The 2-count pack allows you to have a band at home and another one in your sports bag for easy access. Be aware that Simien™ products are not claiming to diagnose, treat, cure, or prevent any disease.

The third phase of tennis elbow rehabilitation is to gradually return to playing while maintaining and increasing the second phase. It is best to not resume play until the pain is gone, but what one can do in combination with flexibility exercise is to hit gentle forehands in succession and repeat this with backhands and lobs. Start with 15 minute sessions, and increase it gradually to an hour with no pain, then start serving, and eventually return to

competitive tennis.

Prevention

Upon returning to regular activity, wearing an elbow or forearm brace could reduce the recurrence of tennis elbow. Elbow braces can help prevent tennis elbow by reducing the movement and use of the elbow. Because treatment and recovery from tennis elbow can be a long and frustrating process, prevention is the best strategy. For tennis players, several equipment adjustments can help prevent tennis elbow beyond the brace support. Players should select a racket with a mid-sized racket head (90 - 105 square inches) and high flexibility (stiffness index lower than 65). Additionally, players should string their rackets with soft strings such as synthetic nylon or natural gut at the low end of the recommended tension range. Finally, to help prevent tennis elbow, players should ensure that the grip of their racket is neither too large nor too small.

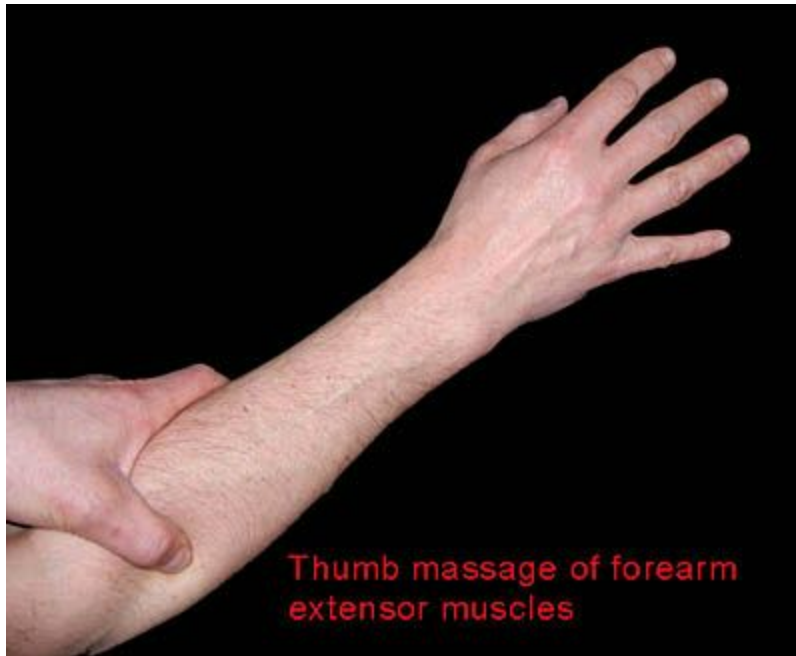
Besides equipment adjustments, tennis players attempting to prevent tennis elbow can follow several guidelines related to physical activity. Strengthening the muscles of the hand, wrist, and forearm is perhaps the best way to prevent tennis elbow to reduce strain on the elbow itself. In addition to strengthening exercises, it is important that players consult a tennis professional to ensure their strokes are efficient, correct, and are not placing undue strain on the elbow. While tennis elbow is a potentially debilitating injury, taking appropriate preventative measures and consulting knowledgeable professionals can help minimize the negative effects of tennis elbow.

How to Use the Simien Sports Elbow Brace

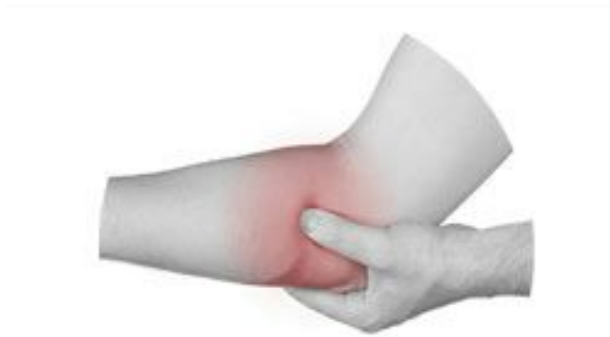
Make sure the center of the blue compression pad (area underneath the logo) is

applying pressure on top of your forearm extensors as shown in the product image below. This will help to reduce inflammation and reduce pain from lateral epicondylitis (tennis elbow).





For additional illustration, the above picture shows a gentleman's arm with his left thumb directly over his forearm extensors where the compression pad should be applying pressure on for tennis elbow pain relief. Notice this is slightly on the outside part of the upper forearm.



The picture above shows the thumb directly over the flexor muscles (inside part of the forearm) for golfer's elbow sufferers (medial epicondylitis). Place the center of the blue compression pad directly over this area where the thumb is and tighten the strap (don't overdo it; increase

pressure gradually) for pain relief.

Video resources

Strengthening Exercises : Stretches & Strengthening Exercise for Tennis Elbow:

<https://www.youtube.com/watch?v=qJ3q9pgWiek>

How to Treat Tennis Elbow: <https://www.youtube.com/watch?v=WmMYNObszuQ>

Acupressure 101 : Acupressure & Tennis Elbow:

<https://www.youtube.com/watch?v=04Y4TACURRg>