

The Pathology of Tennis Elbow

Lateral epicondylitis, or as it's more commonly known, tennis elbow, is a painful joint disorder. It is caused due to the upper arm bone—just above the elbow joint on the external side of the arm—sustaining wear and tear or damage.

Although it usually affects prolific tennis players, it is also a common repetitive strain injury that can affect anyone. Repeated stress or overuse of the tendons near the elbow causes them to get damaged and inflamed. This results in shooting pains in the forearm to the wrist and can also limit a person's range of motion.



Symptoms of Tennis Elbow:

Pain in the arms is natural after hours of playing tennis or any other strenuous activity that involves the arms. However, if the pain is felt down the arm and till the wrist, while also being recurring, it may be due to tennis elbow.

Blog 2

Another key symptom of tennis elbow is pain and weakness felt when performing basic tasks such as gripping small objects or writing. People with tennis elbow also experience pain when fully extending their forearms.

Diagnosing Tennis Elbow

Tennis elbow is easy to diagnose. Simply stand behind a chair and grab your elbow with your palms facing downward, arm fully extended, and elbows completely straight. Next, try to lift the chair while holding the same position. If it causes shooting pain on the outside of your elbow, you might have tennis elbow.

A sports injury specialist can easily detect tennis elbow by testing a range of motions and asking a few questions about the nature and location of the pain.

Sometimes, an MRI or X-ray is required to rule out extensive injuries or arthritis as a possible cause of the pain.



Treatment Options for Tennis Elbow

There are several easy methods of treating tennis elbow. In most cases, experts recommend rest, icing, muscle stimulation, and physical therapy.

Resting allows the tear in the tendon to heal.

Blog 2

Ice packs are used to reduce inflammation and swelling, while muscle stimulation and physical therapy help get your range of motion back.

Sometimes, the forearms are strapped or taped along with physical therapy to prevent further injury to the tendons and relieve pressure on the area.

In some cases, [platelet-rich plasma \(PRP\)](#)—prepared from the patient’s blood—is injected into the elbow to speed up the healing process and ensure complete recovery.

Have you been experiencing pain in your elbow? As a leading [sports injury clinic in Calgary](#), we can help you get back in shape and help your body heal and recover through our diverse medical treatments specifically for [sports injuries](#).

Our services include [chiropractic care, physical therapy, Prolotherapy, and shockwave therapy](#).

For more information, get in touch with us at 403.909.8111 or [book a consultation](#) today.