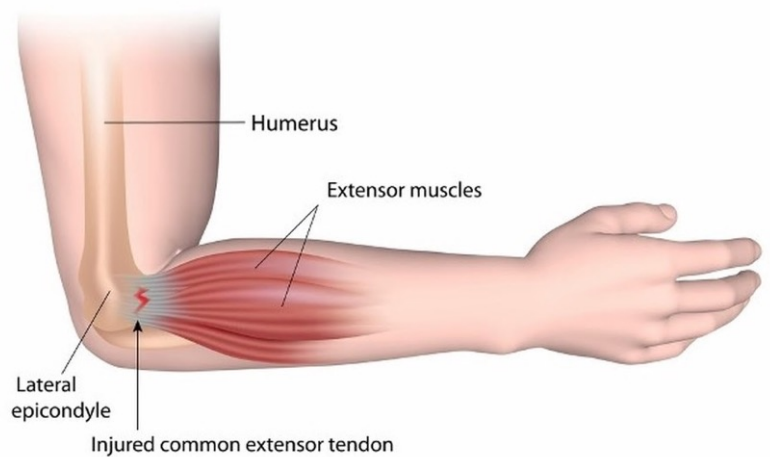


LATERAL ELBOW TENDINOPATHY (TENNIS ELBOW)

Symptoms

- Pain over the outside of the elbow
- Pain with gripping, twisting and lifting
- Decreased grip strength



Anatomy/Cause

Lateral Elbow Tendinopathy (LET), also known as 'tennis elbow', is a common condition affecting the tendons around the elbow's lateral (outer) part. This condition is often caused by overuse of the hand and wrist. This may be due to work, home or sporting activities. This can lead to deterioration and sometimes small tears to the tendon around the elbow. These tears do not always cause pain, however, can be slow to recover.

Treatment

At Hand Works, our goal is to alleviate pain and discomfort, enabling you to resume your normal activities. Our approach may involve an initial period of rest, followed by a personalised home program designed to gradually strengthen the tendon through controlled loading. Your therapist may recommend:

- Wrist splints or forearm counterforce brace to provide support and reduce strain on the affected area.
- Massage, stretches and taping to alleviate tension and improve flexibility.
- Specific strengthening exercises to enhance tendon resilience and function.
- Guidance on modifying activities to prevent further aggravation and promote healing.

Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit