

Tennis Elbow



What is Tennis Elbow?

Tennis elbow (AKA Lateral Epicondylalgia) is a condition that causes pain on the outside of the elbow, where the forearm muscles attach to the upper arm bone. Despite its name, it does not only affect tennis players. Anyone who performs repetitive gripping, lifting or wrist movements is prone to developing tennis elbow.

👉 In simple terms: **It's an overuse injury of the tendons that attach to the outside of the elbow.**

Why does Tennis Elbow happen?

Tennis elbow develops when the tendons that extend the wrist and fingers are overloaded over time. This causes damage to the tendon and impacts its ability to heal.

Common causes include:

- Repeated wrist & hand movements
- Heavy lifting with poor technique
- Prolonged computer/mouse use
- Manual work (Trade work, gardening, cleaning)
- Racquet sports
- Sudden increases in activity

Common symptoms

Elbow & Arm Symptoms

- Pain or tenderness on the outer elbow
- Pain that travels down the forearm
- Weak grip strength

Activity-Related Pain

Pain may worsen when:

- Lifting objects
- Turning door handles
- Holding tools
- Pouring from a jug or kettle
- Using a mouse or typing

How can physiotherapy help?

Physiotherapy is one of the most effective treatments for tennis elbow. It focuses on reducing pain, restoring strength, and helping the tendon heal properly so you can return to normal activity without ongoing symptoms.

Physiotherapy may include:

- Hands-on, soft tissue techniques
- Structured strengthening programs to restore strength and grip function
- Shockwave therapy (Read more about SWT on our website!)
- Improving technique and movement patterns
- Activity and workload management
- Supportive aids when needed

Don't let your elbow pain slow you down. Physiotherapy can reduce pain, restore strength and get you back to work/sport/life! Contact the team here at Emu Physio today to make an appointment.