



## Tennis Elbow

### Struggling with Tennis Elbow? We're Here to Help You Heal—And We're Giving You a Free Resource to Get Started

Tennis elbow (lateral epicondylitis) is a common overuse injury that affects the tendons on the outer part of your elbow. It can be caused by repetitive movements like lifting heavy bags, typing, or even opening jars—activities most of us do every day. While tennis elbow can often improve with self-care, the right guidance and support can help speed up your recovery and prevent the condition from becoming a long-term issue.

At Chadstone Region Osteopathy, we want to empower you to take control of your healing. That's why we're offering you **a free guide** on how to manage and treat tennis elbow effectively. Whether you're just starting to experience discomfort or have been dealing with pain for a while, this resource is packed with actionable tips to help reduce your symptoms and promote healing.

### Why Choose Chadstone Region Osteopathy for Your Tennis Elbow Recovery?

- **Expert Osteopathic Care:** Our osteopaths are specialists in treating musculoskeletal injuries, and we focus on natural healing and long-term recovery.
- **Personalized Treatment Plans:** We understand that every patient is different. Our osteopaths will create a tailored plan to address your unique needs and lifestyle.
- **Ongoing Support:** We'll guide you through every step of your recovery. Whether you're just starting to experience symptoms or need help progressing your treatment, we're here to help.
- **Holistic Approach:** We don't just treat the symptoms of your tennis elbow—we aim to address the underlying causes and prevent future injuries.

## Ready to Take the Next Step in Your Recovery?

While the free guide is a great starting point, hands-on treatment and personalized care can make a huge difference in speeding up your recovery. When you're ready to take the next step and get expert help, we're here for you.

**Book an appointment today and receive a comprehensive assessment with one of our experienced osteopaths.** Together, we'll design a plan to not only treat your tennis elbow but help you return to pain-free living.

### What's Next?

- **Book your appointment:** Take advantage of our special offer and get started on the path to recovery with a professional consultation.
- **Use your free guide:** Even before your appointment, you can start using the tips and exercises in our free resource to manage your symptoms at home.

At Chadstone Region Osteopathy, we're committed to providing you with the care, resources, and support you need to heal naturally and feel your best. Don't wait—take action now and book your appointment!

See below for your free Tennis Elbow Resource

### **Tennis Elbow Self-Management Guide**

Tennis elbow, or lateral epicondylitis, is a common condition caused by overuse of the tendons in your elbow. It can cause pain and stiffness, particularly when performing activities that require gripping, lifting, or repetitive motions.

#### **Causes of Tennis Elbow:**

- **Repetitive Activities:** Actions like gripping, twisting, lifting, or repetitive overhead motions (e.g., carrying heavy bags, hammering, or typing).
- **Overuse:** Putting too much strain on the tendons in the elbow, especially when performing tasks your muscles aren't conditioned for.
- **Sports and Hobbies:** Activities such as tennis, racquet sports, or weightlifting, though tennis elbow can affect anyone—even those who don't

play sports.

## **Self-Management Tips:**

### **1. Rest and Modify Activities**

Reducing activities that strain your elbow is essential. Avoid repetitive motions that cause pain. If possible, switch hands for certain tasks or use tools designed to reduce strain (like using a jar opener).

### **2. Ice Therapy**

Apply ice to your elbow for 10-15 minutes to reduce pain and swelling, especially after activities that aggravate your symptoms. Use a damp towel as a barrier to prevent ice burn.

### **3. Use a Brace**

A counterforce brace or elbow strap can help reduce strain on the tendon. Wear it during activities that trigger pain, but only as needed, not all day.

### **4. Anti-inflammatory Medications**

Over-the-counter pain relievers, such as ibuprofen tablets or creams (ie, nurofen or voltaren), can reduce inflammation and provide short-term relief. Always follow the recommended dosage and consult a healthcare professional (such as our Osteopaths!) if needed. If you have any medical conditions, always check with a healthcare professional or pharmacist about the safety of your medications.

## **Exercises for Tennis Elbow Recovery:**

### **Isometric wrist extension:**

1. Whilst seated in a chair at a desk or table, make a fist and gently bend your wrist backwards so as to place pressure on the back of your hand to the underside of the table. Hold for 20 seconds, rest for 20 seconds, and repeat 3 times.
2. Further exercises can assist with strengthening the tendon and preventing recurrence of pain and injury, but must be appropriately prescribed by a healthcare professional.

## **When to Seek Professional Help:**

- If your pain persists despite self-care.
- If your symptoms worsen or interfere with your daily activities.
- If you're unsure how to safely perform exercises or modify activities.

- If you require further strengthening advice.

**Remember:** Consistency is key! Incorporating these self-management tips and exercises into your routine can help you heal faster, prevent future flare-ups, and get back to doing the things you love.

If you'd like personalized care or further guidance, feel free to **book an appointment** with one of our osteopaths at Chadstone Region Osteopathy. We're here to help you recover and feel your best!

**[www.chadstoneregionosteo.com.au](http://www.chadstoneregionosteo.com.au)**

**03 90880793**