

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

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## Information & Advice

**Tennis or  
Golfer's  
Elbow**

## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

**This leaflet is designed to supplement the information the Nurse Practitioner or Emergency Care Practitioner has already given you about your elbow.**

## **Tennis Elbow - Lateral Epicondylitis**

This condition is characterised by pain and tenderness on the outside of the elbow. It occurs as a result of repetitive strain and trauma on the attachment of the extensor tendons of the wrist (these tendons bend the wrist back) and of the fingers, at the lower and outer portion of the arm (the outer 'bump' of the elbow).

Tennis elbow (lateral epicondylitis) occurs as a result of repeated bending back of the wrist against resistance that leads to micro trauma and minor lesions and tears on the insertion of the extensor tendons.

## **Golfer's Elbow - Medial Epicondylitis**

Is a similar condition characterised by pain and tenderness on the inside of the elbow. It occurs as a result of inflammation (tendinosis) of the attachments of the flexor tendons of the wrist (these tendons bend the wrist forward) and of the fingers, at the lower and inner portion of the arm (the inner 'bump' of the elbow near the 'funny bone').

Medial epicondylitis is less common than lateral epicondylitis. Although it may affect golfers, any other reason of excessive and repetitive wrist flexion may cause the problem.

## **Who is affected**

Common causes are gardening, brick laying, excessive use of screwdriver, hammering, computer typing and shaking hands.

## **What does Tennis / Golfer's Elbow feel like?**

The main symptom is pain centred on the lateral epicondyle that radiates down the forearm. The forearm muscles may feel tight and sore. It is worsened by movements like lifting and gripping, especially so when the wrist is bent backwards. Tenderness just below the epicondyle and weakness of dorsal flexion of the wrist. Simple daily activities like turning a door handle or picking up a bottle of milk can cause severe pain.

## **Diagnosis**

The diagnosis is mainly confirmed by clinical examination.

An x-ray is not needed at the onset of the problem but may be requested by your GP later to exclude other problems.

## **How is it treated?**

Treatment is conservative to start with and 90% of patient symptoms improve within one year.

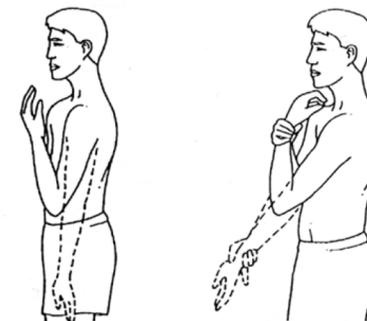
A supportive bandage is the treatment of choice initially, rest, avoid repetitive wrist movements and avoid sport.

Take analgesia and ice the area as directed and mobilise the joint.

## **1. Elbow flexion and extension**

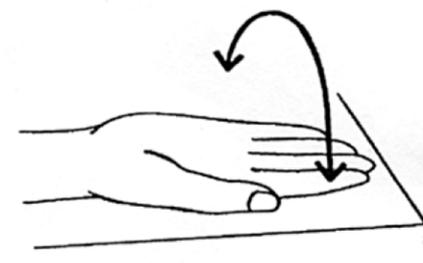
Whilst standing bend and straighten your elbow as much as you can.

Apply some gentle pressure with your other hand to help the arm bend, and then help the arm to straighten.



## **2. Elbow supination and pronation**

Whilst sitting: rest your forearm on a table, palm facing down. Turn palm up and then down, keeping your elbow still.



**Please see your GP if no improvement in your symptoms in 2 weeks or if you have concerns as symptoms are getting worse, your hand / fingers are painful, swollen or changing colour.**