



## Tennis Elbow

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"Tennis elbow" is a common term for a condition caused by overuse of arm and forearm muscles that results in elbow pain. You don't have to play tennis to get this, but the term came into use because it can be a significant problem for some tennis players.

Tennis elbow is caused by either abrupt or subtle injury of the muscle and tendon area around the outside of the elbow. Tennis elbow specifically involves the area where the muscles and tendons of the forearm attach to the outside bony area (called the lateral epicondyle) of the elbow. If you have seen a doctor for this condition they may have used the term lateral Epicondylitis.

- **What are the symptoms of Tennis Elbow**

- . Pain starts slowly around the outside of the elbow and gradually increases.
- . Pain is made worse when shaking hands or gripping objects.
- . Pain is made worse with force applied at the wrist some of these activities include loosening jar lids, using tools, or using simple tools such as a tooth brush or a pen or pencil.

- **Who gets Tennis Elbow?**

Tennis elbow affects men more than women. It most often affects people between the ages of 30 and 50, although people of any age can be affected. Although tennis elbow commonly affects tennis players, it also affects other athletes and people who participate in leisure or work activities that require repetitive arm, elbow, and wrist movement. Examples include golfers, baseball players, bowlers, gardeners or landscapers, house or office cleaners (because of vacuuming, sweeping, and scrubbing), carpenters, mechanics, and assembly-line workers. If you are experiencing any of these symptoms contact your Doctor or your local Physical therapy office to help aid in recovery of Your Tennis Elbow.