

On-Site Insights

Leading your company and your employees to a life well lived

On-Site SolutionsSM
PHYSICAL THERAPY
Injury Prevention & On-Site Physical Therapy Treatment

Office: 763-657-7547
Fax: 763-657-7005
www.onsitesolutionspt.com
6812 Hemlock Lane
Maple Grove, MN 55369

Lateral Epicondylitis (Tennis Elbow)

This injury on the outside of the elbow is usually caused by overuse of the tendons of the forearm muscles. Common mechanisms are repetitive motions and gripping activities. When the forearm muscles become weak from overuse, this creates microscopic tears in the tendon which results in pain and inflammation.



Symptoms:

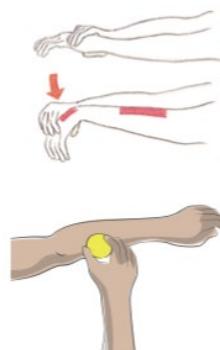
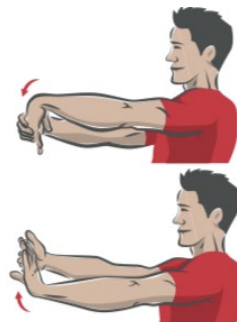
- Pain or burning on the outside of the elbow
- Weakened grip
- Elbow stiffness or swelling

Tips:

- Avoid repetitive bending of the elbow and over-gripping as much as possible.
- Try to keep grip with “thumb up or palm up”.
- Take breaks (every 30 minutes)- stretch often and watch your posture.
- Balance out the workload: change hands, tasks, positions/postures and tools as able.
- Be aware of glove fit. If gloves are ill fit, it may cause over gripping.

Treatment Ideas:

Forearm stretches: Bring arm up to 90 degrees, straight elbow, point fingers down and gently push on back of hand. Repeat with fingers pointing upwards. Hold for 20-30 seconds, repeat 2-3 times.



Self-massage: Take note of tight or sore tissue when completing stretches and that's a good place to start. Massage those tender areas with fingers, ball or other

tool for 1-2 minutes per sore spot daily. Don't overdo it; the techniques may cause soreness that can last up to 24 hours. You might even find sore spots up into the biceps and triceps.

Microbreaks: Complete every 20-30 minutes especially if doing a repetitive task. Place your hands in a closed position, then emphasize the opening position and slowly let your fingers close. Repeat movement 5-10 times.



On-Site SolutionsSM
PHYSICAL THERAPY
Injury Prevention & On-Site Physical Therapy Treatment

E-mail us at: mgill@onsitesolutionspt.com for more information or to discuss our injury prevention programs.

- Prevention and wellness
- On-site physical therapy
- Ergonomics
- Functional job analysis and pre-employment screen