

## Tennis Elbow Initial Management

Below please find a sample of early techniques to manage Tennis Elbow. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

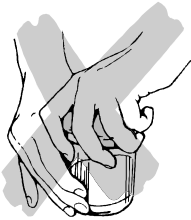
### Ice

Apply a small cold pack wrapped in a damp tea towel to the painful area around your elbow for 10 minutes. Reapply every 2 hours as required.

### Modify Activities

Identify and adapt painful repetitive hand movements.

**Avoid** positions requiring tight gripping.



**Solution:** Use devices like jar openers to assist in activities.

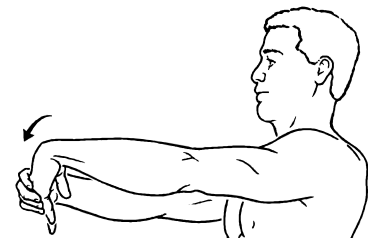
**Avoid** grasping objects with thin handles for prolonged periods.



**Solutions:** Choose objects with thicker handles. Relax fingers every ten minutes during activity.

### Stretch

Straighten the elbow of your painful with your palm facing toward your body. With your other hand gently bend your wrist in towards you until you feel a comfortable pull in your forearm. Hold for 15 seconds and repeat 3 times daily.



### Exercise

Sit with your hand hanging over the edge of a table with palm facing down.

Lift your hand with opposite hand up as high as possible while keeping forearm on table. Let go of your hand and slowly lower your hand under its own power.

Repeat 5 times increasing to 20 times daily.



### Elbow Cuff

If pain persists consider having an elbow cuff fit for you.

**For further management see your occupational therapist, physiotherapist or physician.**