

Tennis Elbow Recovery Program



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A personal message

The pain of a tennis elbow can often interfere with everyday life and significantly disrupt your favourite activities, making it difficult to manage daily routine.

“ **This information pack is a great place to start on your path towards taking control of your tennis elbow, recovering, and getting back to doing the things you love!** ”

Over a 25-year period, Canterbury Health Hub (CHH) has helped numerous patients who suffer from tennis elbow to understand how to become pain free. We help you get back to routine and normality.

As an Osteopath, the most satisfying aspect of our profession is helping people to move more freely, decrease their pain and improve the quality of their lives. There is nothing more satisfying than this accomplishment.

It would be great to work with you and guide you towards recovery. We hope you choose us to provide this important care.

If you have any questions, please do not hesitate to contact us on (03) 9836 3688.

Thank you,



Dr. Dean Holzer - Osteopath
Founder and Managing Director
Canterbury Health Hub (CHH)

[Book a FREE 15 minute consult HERE](#)



Tennis Elbow Symptoms

Lateral epicondylitis, or tennis elbow is a condition characterised by pain and inflammation on the outer part of the elbow. Symptoms include tenderness, forearm pain and weakened grip strength. In Australia, it affects between 1-3% of adults each year. It's commonly referred to as 'tennis elbow' however, it's estimated that only 10% of individuals affected by this condition play tennis.

This condition can hinder mobility and daily activities; therefore proper technique, warm-up exercises and conditioning can help reduce the risk of developing tennis elbow, ensuring you can continue to enjoy the sport with minimal discomfort and injury. Seeking professional diagnosis and appropriate treatment is also crucial for managing this condition effectively.



In Australia, tennis elbow affects between 1-3% of adults each year. Notably, only 10% of individuals affected by this condition play tennis.

Step 1: Assessment is the Key

Our team at Canterbury Health Hub (CHH) will first assess your tennis elbow to determine its cause and severity through your detailed case history and physical examination. Our team is trained to accurately diagnose the cause of your pain, to differentiate local elbow pain from that involving the neck or nerve structures.

Based on the assessment, we develop an individualised and targeted treatment plan, ensuring you can continue to enjoy the sport and/or your day-to-day activities with minimal discomfort and injury.

Ready to get back on track doing the things you love?
Click the button below to arrange a

FREE 15 MINUTE

in person or telephone consult.
One of our Osteopath team is ready to help you.

BOOK NOW

www.canterburyhealthhub.com.au/tennis-elbow/free-consult

Step 2: Hands on Therapy

At CHH, we take a very hands-on and holistic whole-body approach in the treatment and management of your tennis elbow. Often, tennis elbow can be the result of problems arising from your neck, upper back or even your wrist.

Osteopathic treatments at CHH aim to restore proper function and balance to the whole body, which can reduce your tennis elbow symptoms. Our team will tailor a treatment program for you using a variety of hands-on treatment techniques. These may include:

- Soft tissue massage
- Stretching Joint mobilisation
- Dry Needling
- Muscle energy techniques
- Counter-strain techniques
- Manipulation techniques
- Cranial techniques
- And more...



Step 3: Exercise Rehabilitation and Management

At CHH, we aim for long lasting relief, rather than short term solutions to your tennis elbow. So, your Osteopath at CHH will develop a customised exercise rehab plan (including strengthening and stretching exercises) to address any imbalances or weaknesses in your muscles, which is a vital step in breaking the cycle which contributes to maintaining your condition.

These tools are important in further helping to reduce the incidence of tennis elbow. We offer a holistic whole-body treatment at CHH, which will get to the root cause of your problem and will leave you feeling better and stronger than before.



[Book a FREE 15 minute consult HERE](#)

Step 4: Education and Prevention

At CHH, we pride ourselves on educating our patients on their condition and providing simple prevention strategies to help them achieve their goals. Education and prevention are essential for long-term management of tennis elbow.

The pain and symptoms associated with tennis elbow can be disruptive to your day-to-day life and can often leave you feeling frustrated. The CHH Osteopaths will teach you strategies to break the cycle associated with your injury, preventing reoccurrence. Let's work together and get this sorted, so that you can return to optimum health and wellbeing!

Our comprehensive approach, which centres on identifying and addressing the underlying root cause of the problem, results in patients completing treatment feeling more comfortable and stronger than when they first started.



Step 5: Recovery

Tennis elbow can be frustrating and disruptive to your life and impact the activities you enjoy doing. Your recovery journey is crucial as it allows the body time to heal, rebuild strength and restore your overall well-being.

The Team at CHH will work towards your recovery goals, whether they be getting back to sports, exercise or playing with the kids. By utilising our 5-step program, we can help you get back to normal movement and function, whilst also preventing your injury from reoccurring.



Simple Steps to Relieve Tennis Elbow

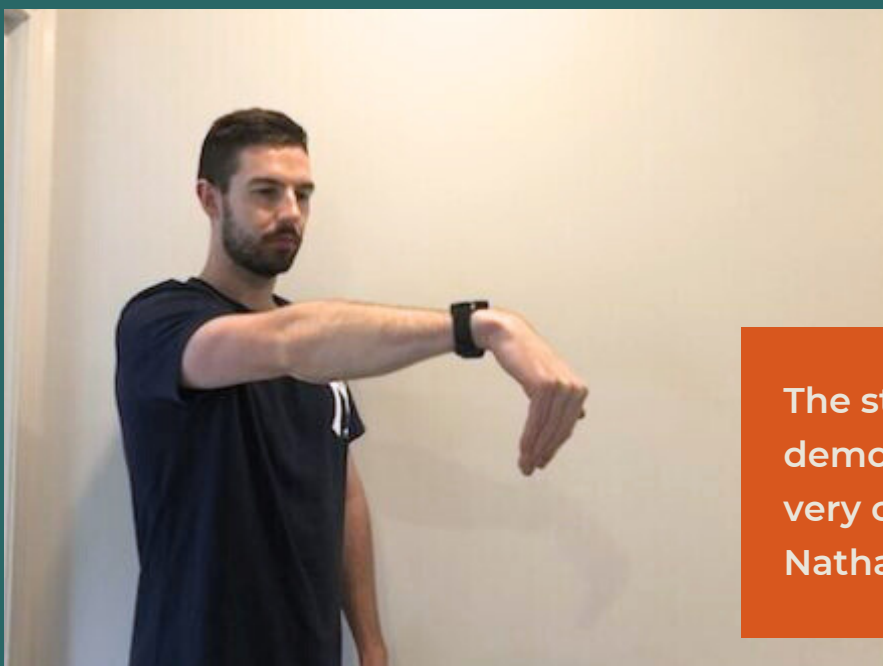


1

Stretching

Stretching is important whilst suffering from tennis elbow. Stretching should be focused on your wrist extensor muscles of the forearm.

- Start by standing or sitting in a comfortable position.
- Extend your arm straight out in front of you, keeping your elbow completely straight.
- Rotate your palm so it is facing the floor.
- Next, flex your wrist downward by bending it in the direction of the floor. This movement will lengthen the extensor muscles located on the top of your forearm.
- Simultaneously, curl your fingers downward, creating a gentle flexion in the fingers.
- Maintain this position and hold the stretch for approx 30 seconds.
- Remember to breathe deeply and relax during the stretch.
- After 30 seconds, release the stretch slowly and return your wrist and fingers to a neutral position.



The stretch is demonstrated by our very own Osteopath, Nathan Switkowski

2

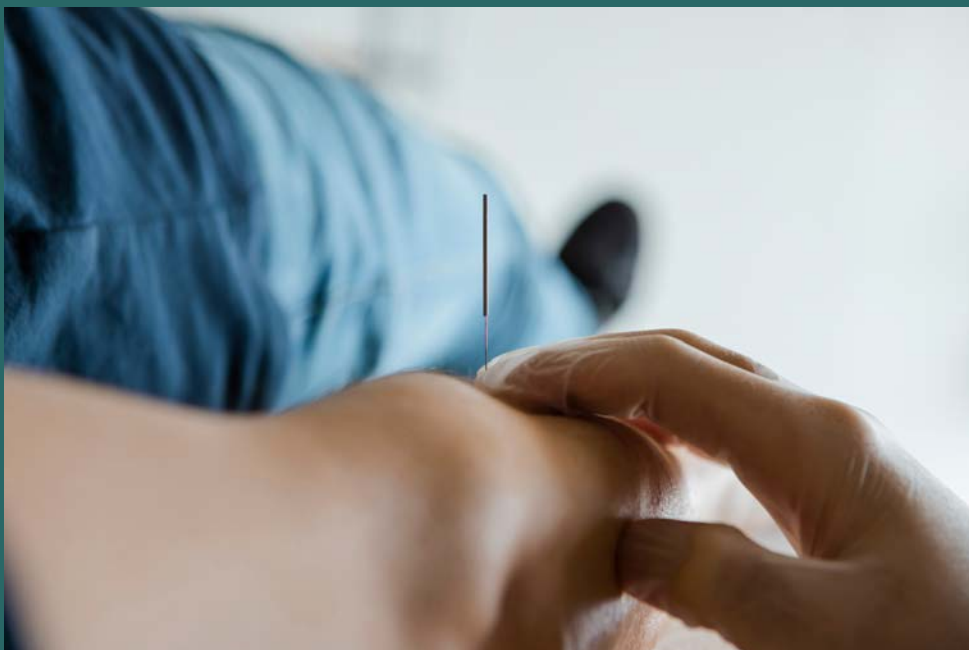
Dry Needling

Dry needling is a technique used to address tennis elbow and other conditions. This therapy involves the insertion of thin acupuncture-style needles into specific points where the tight muscles or trigger points are located. In the case of tennis elbow, these are inserted into the forearm.

The primary goal of dry needling is to stimulate the affected muscles and trigger points. The insertion of the needles promotes increased blood flow to the area, which can help with the healing process.

Additionally, it aims to reduce muscle hypertonicity, which refers to excessive muscle tension or tightness. By targeting these tight muscles or trigger points, dry needling can help relieve pain associated with tennis elbow.

If you are interested in receiving dry needling for tennis elbow, we recommended consulting the Osteopaths at CHH who are trained to perform the procedure safely and effectively.



[Book a FREE 15 minute consult HERE](#)

3

Ice

Ice application, also known as cold therapy, is an effective method for relieving pain and reducing inflammation associated with tennis elbow.

This therapy offers pain relief, reduces inflammations and decreases tissue damage.

When using ice therapy for tennis elbow, its important to:

- Apply ice for about 15-20 minutes at a time, allowing the skin to return to its normal temperature between applications.
- Repeat the ice application several times a day, especially after activities that worsen the symptoms.
- Avoid applying ice directly to the skin; wrap it in a cloth or use a cold pack to prevent skin damage.
- Be consistent with ice therapy as part of your overall treatment plan to maximise its benefits.

4

Rest

Rest is a crucial aspect of managing and relieving tennis elbow.

When you have tennis elbow, the tendons in your forearm become inflamed and damaged due to repetitive overuse or strain. Resting the affected area allows the tendons to heal and reduces the risk of further aggravation.

During the rest period, it's essential to avoid activities that place stress on the affected tendons, such as gripping, lifting heavy objects, or repetitive motions.

Final word

Our Tennis Elbow Recovery Program aims to reduce pain and inflammation by addressing the underlying causes and improving your overall health and wellness through a holistic whole-body approach.

Still have questions?

We recommend booking a **FREE Tennis Elbow Consultation** at Canterbury Health Hub to find how we can help you.

Click the button below to arrange a

FREE 15 MINUTE

in person or telephone consult.
One of our Osteopath team is ready to help you.

BOOK NOW

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