

TENNIS ELBOW & GOLFER'S ELBOW



WHAT IS TENNIS ELBOW & GOLFER'S ELBOW

Tennis elbow is characterised by the pain experienced on the outer part of the elbow, whereas golfer's elbow refers to the pain on the inner part of the elbow.

It is typically due to overuse of the muscles that causes this pain.

WHAT ARE THE SYMPTOMS OF TENNIS AND GOLFER'S ELBOW

Pain will be present over the affected area, and is usually aggravated by movement of the wrist against resistance. For example, lifting of heavy objects or using a screwdriver or toothbrush.

WHAT IS THE TREATMENT?

1. Medications

Your doctor will usually prescribe painkillers and anti-inflammatories to help with the problem. A period of rest is required and cold compression can be used should that area be inflamed and swollen. Once the pain alleviates, it is important to perform certain exercises to strengthen the forearm muscles so as to prevent this condition from recurring.

2. Steroid injections

If pain is severe and debilitating, steroid injection may be performed over the affected area. This method will result in pain relief and fast recovery.

3. Surgery

Only in severe cases will surgery be considered.



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