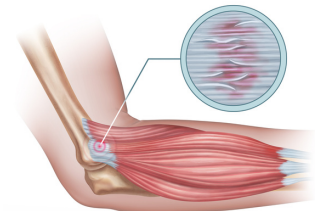


Elbow Tendinopathy

Elbow Tendinopathy

Tendons are strong bands of tissue that connect muscles to bones. The tendons of the elbow work to move the wrist and the fingers. If these injured tendons are not properly managed, it can cause them to break down (degenerate) or even tear. An injury to the outer elbow tendon is called "Tennis elbow". An injury to the inner elbow tendon is called "Golfer's elbow".



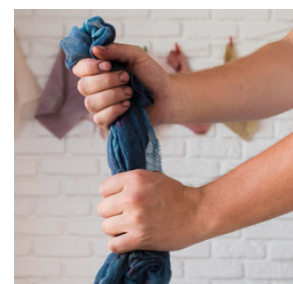
Symptoms of Elbow Tendinopathy

Pain, weakness and tenderness are common symptoms of elbow tendinopathy. You might experience elbow stiffness and pain in the morning. Pain can develop over time or can begin suddenly. Symptoms usually occur when performing simple activities such as carrying groceries, brushing your teeth, using a knife and wringing a towel.



Causes of Elbow Tendinopathy

Daily or accustomed use of the hand and wrist that require repetitive movements or awkward postures without adequate rest may cause elbow tendinopathy.



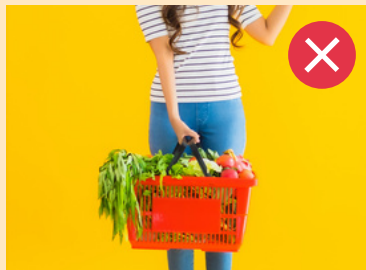
How Can a Hand Occupational Therapist Help You?

A hand occupational therapist will explore the activities you are doing that may be causing you pain and will discuss ways to modify them. A customised exercise programme will be designed to improve the flexibility and strength of your hand. A wrist splint or arm brace may be prescribed to prevent undesired movements of your wrist.



Useful Tips

- Explore and modify - Identify the activities you are doing that will influence the onset and intensity of your discomfort.
- Simplify your work - Plan and prioritise your day, keep things organised and take scheduled breaks in between work.
- Wear a splint for night and/or during the day.
- Minimise the amount of force necessary to complete the job - Take frequent breaks from activities that require extensive gripping/grasping with the hand and avoid lifting objects with the arm extended.



Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



Scan QR code to download e-brochure