

# Tennis Elbow - Phase 1

## Managing Pain and Promoting Healing

### Splint Wear

Wearing a wrist splint is not only an effective way to support, protect and reduce (unload) the strain on the tendon and reduce the pain, but also reminds you not to overdo things. Wear the wrist splint throughout the day and when sleeping.



### Heat

Applying heat along the elbow and forearm will promote soft tissue healing and will increase the flexibility of the surrounding muscles. Apply heat using (i.e. hot water bag).



### Massage

Gently massage the sore spot of your elbow and the muscles of your forearm. This will help enhance circulation, promote healing and reduce the pain.



## Useful Tips

- Explore the activities and movements that are causing you pain.
- Rest or find a better way (modify) the activities that are causing pain.
- Use two hands to keep load as close to you as possible.
- Rest and reduce the load to the forearm by wearing a wrist splint.

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

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