

IS THERE A CURE FOR MY TENNIS ELBOW?



Tennis elbow, or known as lateral epicondylitis in orthopaedic world, is a common cause of elbow pain in middle aged population. Although it is harmless and usually resolves, it can cause significant stress and distress to patients who are suffering from it.

Tennis elbow can affect any healthy people doing daily things. It is often related to overexertion activities with repetitive movement of the forearm. This will lead to degenerative changes to the tendon origin on the elbow rather than inflammation or injury.

The most common age group is 40-49 years old. Patients often complained of pain on outer side of the elbow when lifting objects with palm down. The pain intensity can often lead to unhappiness at work or at home.

The good news is that 80% of symptoms resolve. But, the bad news is that there is no proven treatment which is superior to one another. The treatment options are broadly divided into non operative and operative treatments.

Here at **Apley Orthopaedics**, we have designed a *non-operative treatment program* to help shorten the course of the condition and put you out of misery. Our treatment program, **RECLAIM**- is an individualised treatment plan designed to address your condition.

It's time to **RECLAIM** your life back. Speak to us at **Apley Orthopaedics** about your tennis elbow now. Please call our Melbourne clinic 03-70 234 234 or visit www.apley.com.au



Mr. Andy SG Ang is an Upper Limb Orthopaedic Surgeon. He specialises in treating elbow conditions.

