

**LET'S GET RID OF
YOUR UNHAPPINESS
AT WORK OR AT
HOME.**

**LET'S GET RID OF
YOUR TENNIS ELBOW
PAIN.**

Tennis elbow is a common condition affecting 3% of adults aged between 35 and 65 years old. The most common age group is between 40-49 years old and the second most common age group is between 50-59 years old. It is often related to overexertion activities with repetitive wrist extension and alternating pronation and supination of the forearm. Majority of diagnosis is based on clinical findings.

CONTACT US

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Consulting Suites

+ EASTERN SUBURBS +

Knox Private Hospital, Wantirna

Waverley Private Hospital, Mount
Waverley

Holmesglen Private Hospital,
Moorabbin

+ WESTERN SUBURBS +

St Vincent's Private Hospital, Werribee



TENNIS ELBOW

The non-operative treatment
program for tennis elbow -
RECLAIM





NON OPERATIVE TREATMENT

There are many non operative treatments. But, there is no specific treatment which is more superior than the other. Non operative treatments include physiotherapy, injection, nerve stimulation, medications, shockwave therapy.

OPERATIVE TREATMENT

Many surgical techniques have been described for tennis elbow. These techniques include open or key hole procedures, scraping the tendon origin, reattaching the tendon and drilling the bone to simulate bleeding and healing.

Reassurance
Educate
Change thinking
Lifestyle
Advanced therapy
Injection
Medications

RECLAIM is a non operative treatment pioneered by our Orthopaedic Surgeon-Mr Andy Ang. It is a holistic approach comprises of 4 phases of treatment.

PHASE 01

Rest.

PHASE 02

Recovery therapy.

PHASE 03

Strengthening therapy.

PHASE 04

Preventive therapy.

