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

SCAN ME

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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

Medication

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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.