

The Hand Rehabilitation Center of Indiana

Patient Education

Tennis Elbow • Lateral Epicondylitis

SPORTS RELATED

Tennis

- Always warm up & do stretching exercises before playing.
- Keep your arms warm on cool/cold days. Cold arms are at high risk for tennis elbow.
- Use fresh balls; avoid depressurized &/or wet balls.

Technique

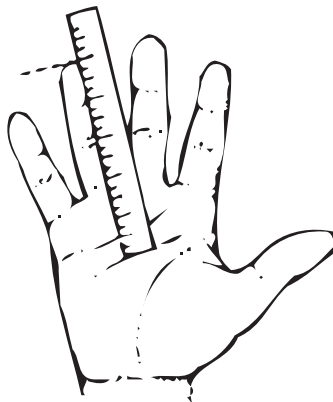
- Attempt to hit the ball in the center of the racquet “sweet spot” to decrease vibration and added resistance at impact – up to 20%
- The further the arm is away from the body, there is less control and strength of the muscles; thus, the arm is more vulnerable to injury. Keep the arm by the body as much as possible.
- With a backhand [roughly 40% of tennis elbows from tennis], avoid the wrist being flexed at impact and striking the ball with the arm in front of the body. Contact the ball when it is beside the body.
- With the serve [25% of tennis elbows from tennis], avoid forcefully turning the hand palm down and snapping the wrist at impact.
- With the forehand [25% of tennis elbows from tennis], avoid a tight, sustained grip on the racquet; consciously lighten your grip. In addition, avoid having the hand & wrist ahead of the body with the wrist flexed when volleying. Keep the wrist in a neutral to slightly extended position and wait for the ball to reach you vs. reaching out at the ball.

Equipment

- Ensure proper size; measure from tip of ring finger to proximal crease in palm to determine diameter.
- Lightweight, well-balanced racquets (eg graphite, titanium) with medium or oversized frames should minimize the vibratory input and risk of added resistive forces to the arm.

String: 16 gauge nylon replaced every 6 months for the the active player. Mild to medium tension: 52-55 lbs.

Additional Suggestions: _____



The Hand Rehabilitation Center of Indiana

Patient Education

Tennis Elbow • Lateral Epicondylitis

SPORTS RELATED

Golf

- Always warm up & do stretching exercises before playing.
- Keep your arms warm on cool/cold days. Cold arms are at high risk for tennis elbow.
- Avoid hitting into the ground, especially “hard pan” when the ground is especially hard/dry.
- Be watchful of obstacles such as tree roots, branches during the swing.
- Avoid large divots, especially as the ground hardens.
- Avoid hitting buried balls out of the trap or hitting the lip of the bunker or trap.
- Avoid slippery conditions (e.g. wet grass, uneven ground) which may affect balance & secondarily cause an improper swing.
- Keep in mind that wind, poor weather serve as adverse conditions; avoid during practice phase of return to golf.

Technique

- Be sure you are not inadvertently bending the left elbow on the take away which causes the elbow to extend sharply at impact. This can cause/aggravate left tennis elbow.
- At impact, be sure you are not “rolling” your right wrist and forearm (over gripping), which will result in right tennis elbow. Ensure a proper grip; avoid over gripping the club with the right hand.

Equipment

- Oversized clubs offer the advantage of a larger sweet spot to hit the ball and thus, less vibration.
- The lightweight graphite clubs of medium stiffness may be advantageous.
- There is no advantage to oversize grips.

Additional Suggestions: _____