

Tennis Elbow Treatment

The most common injuries acquired on the job are repetitive strain injuries. These are injuries which result from doing the same activities over and over. One of the most common repetitive injuries is tennis elbow, known in the medical dictionary as lateral epicondylitis. With this condition the patient feels elbow pain often associated with muscle pain in the forearm and wrist pain. Stiffness may be felt with wrist and elbow movements, and there may be pain or weakness with gripping. Some examples of activities that may be the cause are hammering, using a screwdriver, playing certain sports, or even using a computer mouse. The reason why the patient feels pain is due to inflammation that develops when over working the muscle and tendon. If these tendons become inflamed the condition is called Tendonitis. Often the muscles also becomes fatigued leading to weak and/or painful gripping, and eventually scar tissue and adhesions form in the muscle and surrounding tissue resulting in stiffness.

In Singapore, Chiropractic care is widely available and an effective, conservative treatment method for such conditions. Before beginning any treatment your Chiropractor will ask specific health and lifestyle questions and perform a physical examination for proper diagnosis and to determine the cause. To effectively break up the scar tissue in the area some sort of soft tissue therapies should be performed. The muscles of the area should be stretched and stripped of adhesions to increase blood flow and tissue healing. Chiropractic adjustments of the elbow is necessary because once scar tissue is formed and is causing stiffness in the joint; the treatment will restore the normal motion of the elbow and play a part in pain reduction and healing. Ice is typically the most recommended modality to reduce inflammation, and will also help to reduce pain.

At our Chiropractic Clinic at Raffles Place, we will also try to evaluate the cause of the problem and attempt to improve ergonomics and biomechanics to prevent the problem from reoccurring. At times there is no other option for the patient and they may be required to obtain a new job or alternative duties at their job. If the cause is not addressed, there is less off a chance for improvement, and the pain relief may only be temporary until they perform the action again.

The body responds with pain when there is something wrong and to alert our brains that we need to stop. With this condition the pain signal is to alert the body to stop the repetitive action before more severe destruction occurs, such as arthritis and degeneration of the joint. Therefore by addressing this problem with treatment and solutions to solve it, you are preventing more severe problems within that joint. Listen to your body and its pain signals. If you have any further pain relief or pain management questions, please feel free to contact us at:

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