

# Tennis Anyone?

Understanding and conquering lateral epicondylitis



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# Background

Chances are, you're not a tennis player.

Soft tissue is the culprit.

Most likely, there is a spike in activity or use of the relevant musculature.

Let's talk Anatomy!



# What causes Tennis Elbow?

Let's start off with what's in your cup?

As the saying goes:

“Stress = Stress = Stress”



# Who typically gets Tennis Elbow?

Individuals who work with their hands.

Epidemiology is the same for men and women.

When your capacity is exceeded, injury risk increases.



# Self Assessment

Let's do an assessment right now to help you decide if you are dealing with tennis elbow.

This will help you know if you are a candidate for this approach to treatment.



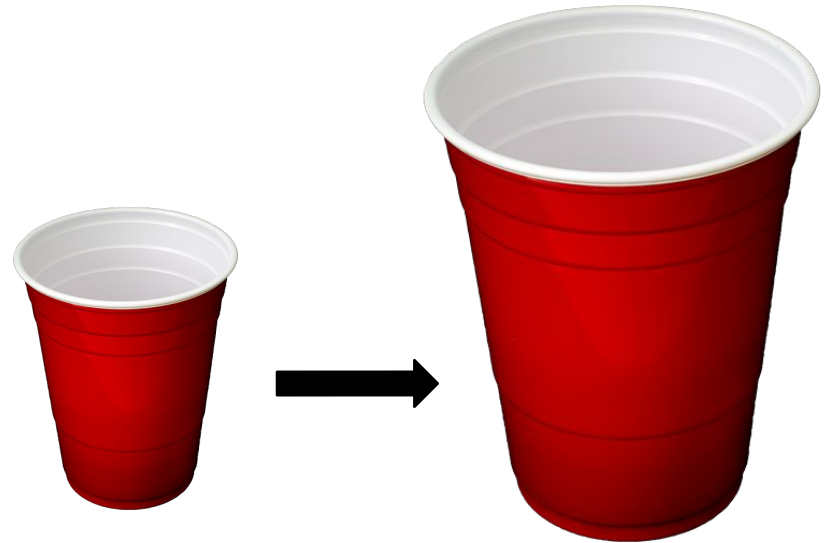
# How do I go about getting treatment?

It starts with the correct diagnosis.

In clinic a physical examination will allow for a thorough and proper diagnosis.

Rule in/rule out other diagnoses that can mimic lateral epicondylitis.

Once the correct diagnosis is determined, it's time to take an active approach. (change your capacity)



# What does treatment consist of?

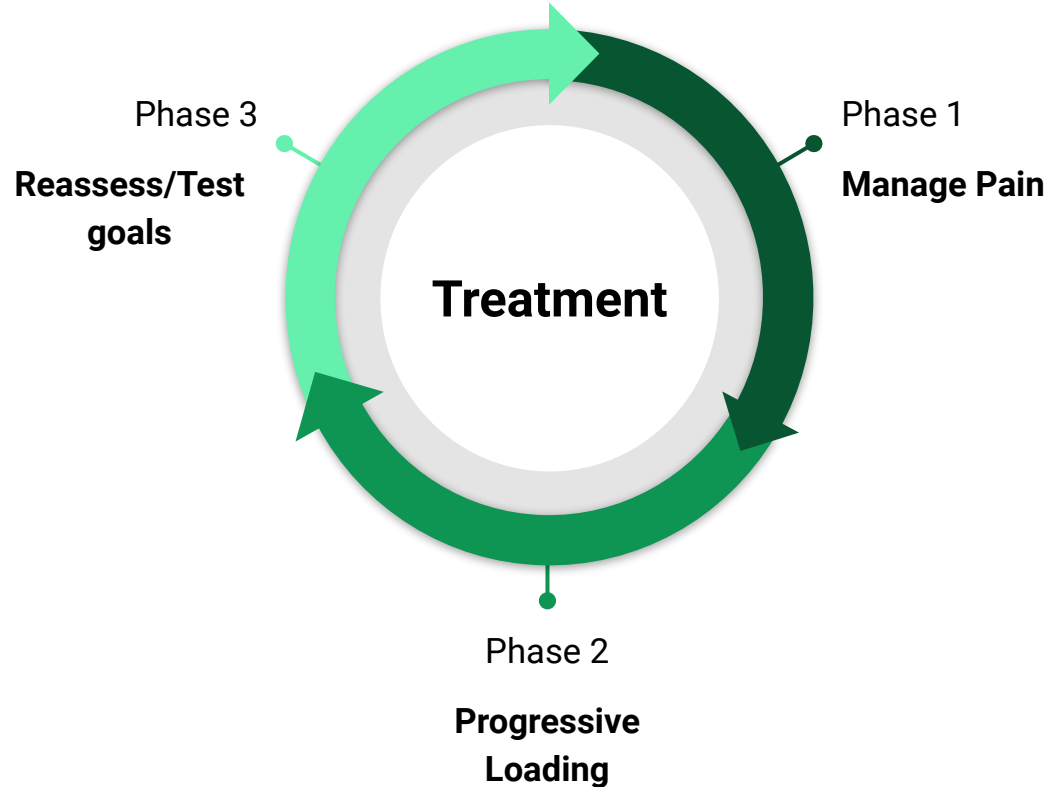
## Phase 1: Manage Pain

- Graston, Dry Needling, Targeted Stretching, Pain Education, Mobility Exercises

## Phase 2: Progressive Loading

- Graded Exposure to Wrist Extension/Gripping Exercises

## Phase 3: Reassessing with Relevant movements



# Should I get an injection?

What is your specific timeline?

Have you responded well to physical therapy?

For those that don't respond to PT or are looking for a strong combination, regenerative medicine is a frontline option.

Which injection should I consider?

- Cortisone vs. Autologous

Autologous (PRP or Stem Cell) was more effective than cortisone for long term results.



# Where are you right now?



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RM: Regenerative Medicine

PT: Physical Therapy

# Nutrition for Tennis Elbow

Having a balanced approach includes minimizing the amount of inflammation that your body is battling.

A healthy and balanced diet can help reduce the likelihood of flare-ups in symptoms and aid healing as you recover.

Veggies:

- Most of our carbs should come from veggies

Fiber aids in controlling blood sugar response

Fruits:

- Aim for 2 servings a day

Omega 3 fats:

- Avocados, Extra virgin olive oil, nuts/seeds, wild caught salmon, sardines, anchovies

Proteins:

- grass-fed meats, wild caught fish, game meats, natural cheeses, organic free range poultry/eggs, yogurt
- Nuts and seeds-sprouted nuts/seeds
- Beans and legumes-best to soak and cook beans

Whole grains/ancient grains

Supplements:

- Vitamin D with K2, Fish oil, Turmeric, Glutathione, Bromelain, Quercetin, Collagen, Magnesium, Probiotics.

# References

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