

**Live,  
Without Pain!**

April 2007 Newsletter

**If you or your organization would like to book a speaker regarding Laser Therapy, please call Suzanne Biller at (403)235-2737 or email [sbiller@laserhealthsolutions.com](mailto:sbiller@laserhealthsolutions.com).**

### Tennis and Golfer's Elbow



**Dr. Rob Skleryk D.C.**

You don't have to be Anna Kournicova or Tiger Woods to get Tennis or Golfer's Elbow! In fact, you don't even have to play sports at all. If you repeatedly contract the forearm muscles that you use to straighten and raise your hand and wrist, the stress to the tissue may result in inflammation or a series of tiny tears in the tendons that attach the forearm muscles to the bone at the outside of your elbow.

If you spend too much time working on your computer, using hand tools like hammers or wrenches, gardening, playing a musical instrument or numerous other activities, you may end up with a painful case of Epicondylitis. That's the medical term for pain that radiates from the outside or inside of your elbow into your forearm and wrist. Other key symptoms include:

- Pain when you touch the inside/outside of your elbow
- Pain when you extend your wrist
- A weak or painful grip when shaking hands or turning a doorknob

If you have Tennis Elbow, the pain is felt on the outside of the elbow, whereas Golfer's Elbow is felt on the inside.

### How can you prevent Tennis/Golfer's Elbow?

Avoiding repetitive stress to the forearm is easy to say and difficult to do for many. If this is unavoidable, use the following techniques to help prevent injury:

- Strengthen weaker muscles with a hand weight by flexing and extending your wrists. Let the weight down slowly after extending your wrist.

### Featured This Month:

- **Tennis and Golfer's Elbow**
- **Success Stories**

### Success Story - Tennis Elbow

"As a result of the pain in my elbow, I lost strength in my arm and hand to the extent that I could not grasp a jar to take off the lid, or lift my arm and bend my elbow. I had fast relief from the pain with Laser Therapy and quickly started to regain the strength in my arm and hand. The treatment is painless and effective. I can strongly recommend Laser Therapy." **Kathi M.**



- Keep your wrist straight during any lifting activity. Let the bigger, more powerful muscles of your upper arm do more of the work than your smaller forearm muscles do.
- Warm up properly. Gently stretch the forearm muscles at your wrist before and after use.
- Ice is your best friend. Many of us avoid using ice because, well, it's cold! But if you've ever had Tennis/Golfer's Elbow, you'll understand that this preventative method is much less uncomfortable than the condition itself. After heavy use of your arm, apply an ice pack covered with a damp cloth for 10 minutes at a time.

***If you would like detailed information on stretching and strengthening to prevent or treat Tennis/Golfer's Elbow, email Suzanne at [sbiller@laserhealthsolutions.com](mailto:sbiller@laserhealthsolutions.com).***

### **How can you treat Tennis/Golfer's Elbow?**

The **RICE** method is a good place to start and something that you can do at home or at work.

**R**est your elbow as much as you can without avoiding all activity.

**I**ce is beneficial not only for prevention, but for treatment as well.

**C**ompression wraps may be purchased at many pharmacies and home health care stores.

**E**levate your arm whenever possible. Keep your elbow above heart level to help reduce inflammation.

Laser Therapy is an excellent treatment for Tennis/Golfer's Elbow. It kick-starts healing by providing more energy to the cells. Rather than suppressing inflammation, it speeds the body through the inflammation stage allowing important growth factors to be secreted. Laser Therapy encourages the growth of normal, healthy tissue rather than inferior scar tissue that complicates the healing process. Usually, the sooner you start Laser Therapy, the fewer treatments you'll need.

A stretching and strengthening program can be introduced when you have achieved a certain degree of resolution of the injury.

Surgery is very seldom recommended as a treatment for Tennis/Golfer's Elbow.

### **Success Story - Tendonitis**

"I had tendonitis in my forearm, with pain in the inside and outside of my elbow for the past 5 years. I tried chiropractic, ART, massage and tensor straps. Massage and ART helped a bit, but the pain kept coming back. I work as a florist so I am always using my hands and arms. After a day at work I was always in pain at night and would have trouble sleeping.

After three treatments of Laser Therapy I started to see some great results - less pain even when I was working. After five treatments my pain was all gone and I am working without pain. I am sleeping through the night and I am off my pain medication. It is good that I tried it. Thank you so much!" **Vera C.**

## **Coming up next month:**

- Knee Injuries
- Trivia Question
- More Success Stories

## **Have Questions?**

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|---------------------------------------|---------------------------------------|
| <b>Calgary: North</b><br>403-235-2737 | <b>Calgary: South</b><br>403-452-0233 |
| <b>Burnaby</b><br>604-293-2273        | <b>Surrey</b><br>604-575-1331         |
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