

PILATES FOR TENNIS AND GOLFER'S ELBOW

Tendonitis is a very common cause of elbow pain. There are basically two forms of elbow tendonitis.

- If you have pain on the outside of your elbow, you have "tennis elbow", and
- if it's on the inside, it is likely "golfer's elbow".

Both conditions are similar in nature, but are caused by different wrist and elbow activities.

TENNIS ELBOW is caused by stress and microtrauma (tearing) and inflammation to the muscles and tendons of your wrist extensors. These are the muscles which bend your wrist back and they attach to the outside of your elbow.

Activities which can aggravate this condition are:

- a weak tennis backhand,
- prolonged hammering,
- working at a computer keyboard,
- holding the wrist back and using the fingers to perform small movements like spraying a hairspray bottle or using the telephone,
- and gripping with your palm down and carrying objects.

GOLFER'S ELBOW is caused by stress and microtrauma (tearing) and inflammation to the muscles and tendons of your wrist flexors. These are the muscles that bend your wrist toward your forearm and are attached to the inside of your elbow.

Activities which aggravate this condition can be:

- striking the ball during your golf swing (the elbow of the dominant, or shooting side will feel the stress), and
- activities which involve gripping with the fingers or gripping and turning the wrist, like using a wrench or carrying groceries.

PREVENTION / TREATMENT

- When performing repetitive activities such as typing, hammering, carrying, gripping etc., make sure your wrist is well supported in a neutral position (the midway point between flexion and extension).
- If you do a job or like to play a sport which might make you prone to developing either of these conditions, be sure to keep the muscles of your forearm strong, particularly your wrist extensors muscles. You can do wrist curls and wrist extension exercises with small weights.
- Make sure your wrist flexor and extensor muscles are well stretched out all the time, and adequately warmed-up before playing your sport or doing any strenuous activity.
- Make sure your tennis racquet, golf club or tools have proper grips and handle sizes.
- If you do develop symptoms of either of these conditions, be sure to modify the aggravating activity immediately.
- Strengthening and stretching exercises can be done to help prevent the condition from becoming chronic. Pilates can help with this. Working on stretching and strengthening muscles in the arms and upper body as well as in the

hands can help treat and prevent tennis and /or golfer's elbow.



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To find out more how Pilates and Pilates Patio can help you recover and prevent tennis and/or golfer's elbow, please contact us at 613-422-3638 or lani@pilatespatio.com

