
HEALTH BEAUTY & FITNESS

Expert Q&A

How do I know if I have 'tennis elbow' and how do I cure it?

Tennis elbow, or lateral epicondylitis, has become more prominent in the past years and is defined as pain or inflammation of the outside part or lateral side of the elbow. Tennis elbow is most commonly associated with people who play tennis or individuals who use their wrists and forearms to type in the workplace. Using muscles when they are not properly stretched, strengthened or warmed up as well as poor technique will cause the muscles to go into spasm. When muscles are in spasm they become tight, less mobile and will pull and cause constant tension on their respective tendons, eventually causing inflammation and aching. To alleviate the symptoms of tennis elbow, I suggest stretching and strengthening the arm regularly after work or play. Remedies like acupuncture and deep tissue massages also help reduce muscular tightness, decrease tension on the tendons and relieve the chronically spasmed muscles.



Mark Sobor, MD

Mark Sobor, MD, family practice and pain management specialist, Soma Pain Management Center

Compiled by Lindsey Reiser