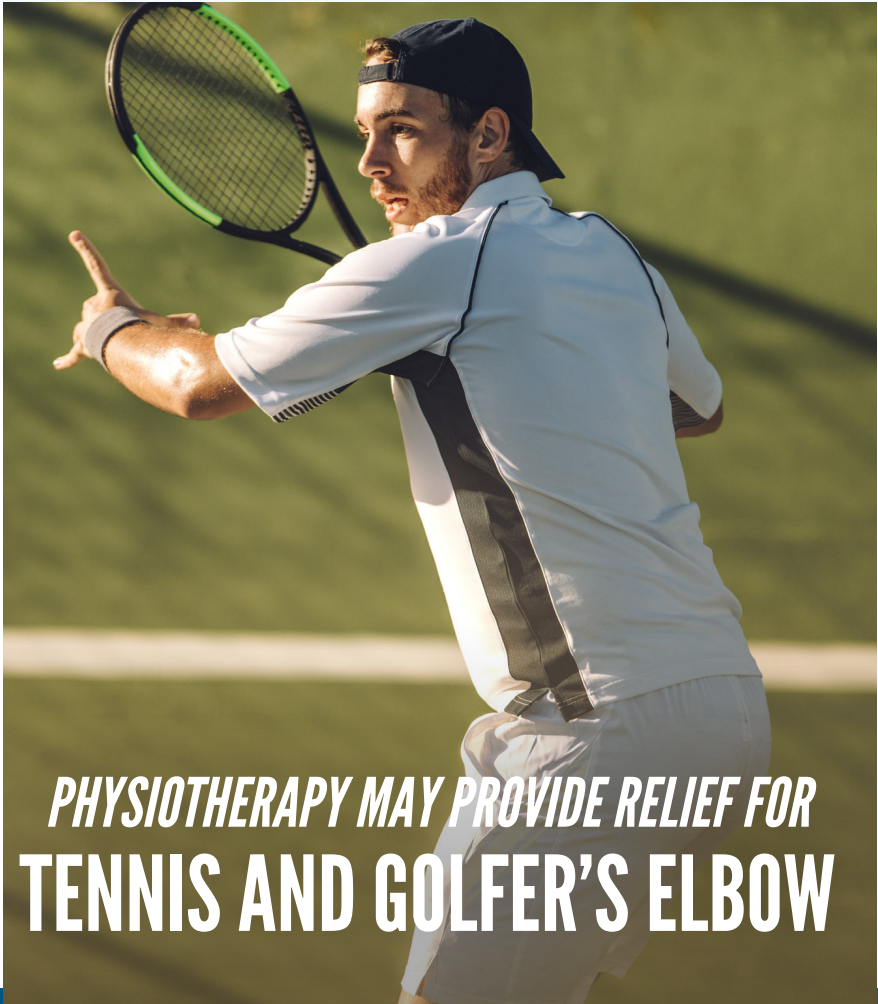




# Physical Therapy

## NEWSLETTER



### *PHYSIOTHERAPY MAY PROVIDE RELIEF FOR*

# TENNIS AND GOLFER'S ELBOW

#### **Golfer's VS. Tennis Elbow**

*How you can tell the difference*

#### **Exercise Essentials**

*Stay in shape while staying at home!*

#### **Healthy Recipe**

*Try this delicious dessert recipe*



# Physical Therapy

## NEWSLETTER



Have you been experiencing pain in your elbow when you're lifting items, getting dressed, reaching for something, or simply just sitting on the couch flipping through a magazine? You may have a pain condition that requires the careful touch of a physiotherapist!

It's okay if you don't know the cause of your pain, that's what Loop Physical Therapy is here for. Pain in your elbow can be the result of a chronic condition such as tennis elbow or golfer's elbow. One great way to pinpoint your discomfort at the source is to contact our clinic today to schedule an appointment. Let us help you get back to feeling your best!

### **The difference between golfer's elbow and tennis elbow**

Tendinosis of the common extensor tendon is known as a pain condition called Tennis Elbow. Tendinitis of the common flexor tendon is referred to as Golfer's Elbow.

These two conditions can get confused with each other sometimes because they are so similar. However, tennis elbow refers to pain on the lateral or outside aspect of the elbow, whereas golfer's elbow refers to pain on the medial or inside aspect of the elbow.

Both of these injuries are a result of repetitive use injuries and can be attributed to a variety of different tasks, not just the sports they are named after.

Tendinosis occurs when the tendon's collagen begins to break down as a result of chronic overuse, especially when there are no

breaks that allow the affected tendon time to rest. This happens in instances of repetitive strain injury.

Tendinitis, on the other hand, results from tiny tears in tendons. The tendon becomes inflamed when the musculotendinous unit receives too much pressure or force too quickly. Oftentimes, tendinosis is mistaken for tendinitis.

Physiotherapy can provide treatment for both of these conditions, because it restores the underlying joint and soft tissue limitations, that are causing strain to the tendons, and reduces the inflammation quite rapidly.

Fortunately, by consulting with a physiotherapist early on, you may be able to avoid severe pain and work to improve your flexibility, range of motion, and overall function in the affected joint(s). At Loop Physical Therapy, we can help you get back to living your life comfortably!

### **How to tell if you have tennis or golfer's elbow**

#### **Symptoms of tennis elbow**

Patients who experience tennis elbow typically report pain around the bony part of the extremity, just above the outside of the elbow. This is called the "lateral epicondyle." This area may be tender to touch, and you may experience weakness and/or an inability to perform normal activities of daily living, such as lifting a cup of coffee or reaching for something on a shelf.

# GOLFER'S ELBOW VS. TENNIS ELBOW

Any kind of activity, such as gripping or repeated grasping, can strain the tendon attachment to the lateral epicondyle. The most common age group to develop this condition is between 30-60 years of age, although it can occur in younger and older patients as well, so don't rule it out just because you don't fall in that age range. A physiotherapist at Loop Physical Therapy will be able to properly diagnose your condition.

## Symptoms of golfer's elbow

Golfer's elbow can pose challenges to even the simplest of activities, such as reaching to grab a glass from the top shelf of the cabinet or bending down to pick up a dropped item. This condition can worsen over time, becoming chronic and incredibly painful. Patients with golfer's elbow report feeling stiffness, weakness in their hand, numbness or tingling in their shoulder and elbow areas when moving their arm.

The RICE method (rest, ice, compression, elevation) can often be a short term solution for finding pain relief at home, however, if you find that your symptoms are not dissipating or get worse, it's a good idea to seek the help of a physiotherapist at Loop Physical Therapy.

## How can PT help treat tennis and golfer's elbow?

A physiotherapist can provide conservative methods to help treat tennis and golfer's elbow. The goal of physiotherapy is to help you return to your normal work, home, and sports activities, free of pain. Your physiotherapist can help identify what activities might be aggravating your symptoms and will discuss any activity modifications you may need to make.

## NO REFERRAL? NO PROBLEM!



Save time Save money Improve your health naturally

Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



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THERAPY CENTERS

Postural exercises are emphasized, along with stretching and strengthening of the shoulder, elbow, wrist, and hand. Modalities may be utilized, such as heat, cold laser, iontophoresis, ultrasound, and massage. Orthotics for the wrist may also be recommended as your physiotherapist deems fit, in order to rest the wrist extensors.

Your therapist can help you identify methods of treatment for your specific needs and design an individualized treatment plan. Together, you'll identify the best range of motion and strength-building activities to reduce your likelihood of worsening your condition or developing it again in the future.

## Call our clinic today

If you believe you may be experiencing pain related to tennis or golfer's elbow, don't hesitate to contact Loop Physical Therapy today! Our experienced physiotherapists will provide you with the care you need, so you can get back to your normal life.



For more information about how physical therapy can help your running pain, call us today at 773.541.2020 or visit us at [LoopPT.com](http://LoopPT.com)!

**CALL US TODAY!**  
**773.541.2020**

## WHAT PATIENTS ARE SAYING!

*"I started going to loop physical therapy's west loop location for a lower back issue that kept me from doing even the simplest everyday tasks. The entire staff is great, especially Reagan, who I worked with the most. Not only did she work on my back pain but also took the time to address other areas of weakness to prevent future injuries. I'm now back to work and back in the gym pain free and I can't remember the last my back has felt this good. I can't thank her enough! I would highly recommend loop physical therapy!"*

— Nick M.

Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling!

# EXERCISES TO DO AT HOME!



## Wrist Flexion and Extension Dowel Roll

### Setup

- Begin in a standing upright position holding a dowel or broom handle in your hands that has a rope attached to a weight, a can of food, or any household object weighing 5lbs or less. You can totally make this!

### Movement

- Lift your arms to shoulder height, then slowly roll the weight upward, curling your right hand over and down and then curling your left in the same way. Continue rolling until the weight touches the dowel and then reverse the motion to lower it back down. Keep your body still throughout the exercise and try not to drop your arms. Perform 3 sets with 10 reps each.

### Tip

- Make sure to keep your arms straight and squeeze under your arm pits so you do not shrug your shoulders during the exercise.

## Wrist Extension / Flexion Stretch at Wall

### Setup

- Begin in a standing upright position in front of a wall.

### Movement

- Place one hand on the wall with your palm facing forward, and fingers pointing downward, then lean into the wall until you feel a stretch in the front of your wrist and hold. Then repeat with palm against wall.



### Tip

- Make sure to keep your hips and shoulders parallel to the wall and avoid locking your elbow.

## Active Release - Seated Wrist Flexion with Dumbbell



### Setup

- Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward. Press the lacrosse ball on the outer side of elbow using other hand.

### Movement

- Curl your wrist towards your body, then slowly return to the starting position. Keep lacrosse ball steady.

### Tip

- Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

## HEALTHY RECIPE SKINNY ORANGE CREAMSICLES



### Ingredients

- 2 cups unsweetened Greek yogurt
- 1 cup pineapple chunks
- 1 orange
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

### Directions

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

**Don't Miss Out On This Special Offer!**

**FREE BODY COMPOSITION ANALYSIS**

For more information, call us at **773.541.2020** or visit our website at **LoopPT.com**! This offer expires August 31st, 2021.



For additional nutritional information, visit us at **LoopPT.com** or call us today to set up a dietary consultation with our team member, **Aysin Yavuz!**

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**



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## **EDGEWATER LOCATION**

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CHICAGO, IL 60640



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