

Tennis/Golfers Elbow

An information guide



Tennis/Golfers Elbow

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

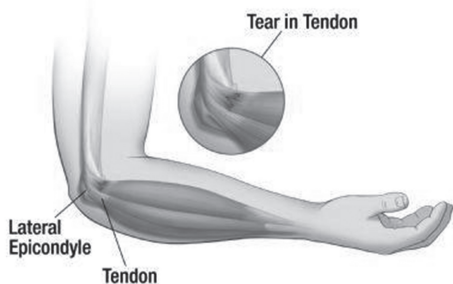
You have been seen today by a doctor or clinician and have been diagnosed as suffering from Tennis/Golfers elbow. This can be caused by an injury, by repetitive use of the arm, but can also occur with no injury or if you bang the outer elbow.

You may also develop Tennis/Golfers elbow if you perform activities you do not normally do such as:

- Gardening.
- Lifting.
- Decorating.
- Sports.

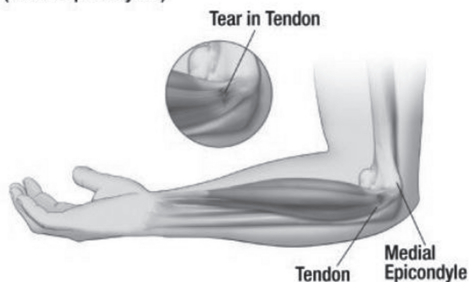
The elbow is surrounded by many muscles and tendons, these assist with the movement of the elbow, wrist, and fingers. Tendons in the elbow attach the muscles and tendons in your forearm to the bones in your elbow, these muscles and tendons are used to bend and straighten your wrist. Tennis/Golfers elbow involves tendon and muscle near the elbow. It does **NOT** involve the bone.

Tennis Elbow



Lateral (Outer) Elbow

Golfer's Elbow
(Medial Epicondylitis)



Medial (Inner) Elbow

Secondary to your recent problem/injury you will have likely suffered a strain type injury. A strain is a stretch or tear in a muscle or a tendon.

Tennis/Golfers elbow is a self-limiting condition, which means it will eventually get better without treatment.

What should I do now?

- Rest the affected limb for the first 2 to 3 days as this helps prevent further swelling and pain.
- If you are provided with a sling, please use it as advised.
- Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas are wrapped in a cloth or a towel, ***DO NOT APPLY DIRECTLY TO THE SKIN*** as this could cause a burn.
- Take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to the manufacturer's instructions.

Further management after the above initial treatment may include:

- Physiotherapy.
- Referral to a specialist.
- Steroid injection.
- Surgery.

Please contact your GP for further management, treatment, or advice.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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