

# lopt *Update*

LINCOLN ORTHOPEDIC  
PHYSICAL THERAPY

[www.loptonline.com](http://www.loptonline.com)

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## Warning Signs of Tennis Elbow

by Casey Moeller

**Do you have pain when shaking hands, turning doorknobs or gripping a cup of coffee?**

**Does it bother you to type on a keyboard or use a mouse?**

**Are you tender over the outside of your elbow?**

**Do you ever experience radiating pain in your forearm?**

**If you answered "yes" to any of these questions, you may have tennis elbow.**

Casey Moeller is newly certified in ASTYM treatment. Casey graduated from Creighton University with a Doctor of Physical Therapy degree in 2000. He specializes in general orthopedics and sports rehab. Casey is married and has two children. He enjoys spending time with his family, playing softball, biking and outdoor activities.

### What is it?

Tennis elbow (lateral epicondylitis) is an inflammation of the tendons that attach the forearm muscles to the outside of the elbow. It is common among people who play racquet sports as well as those who perform repetitious movements or gripping activities. Construction workers, mail workers, production workers, musicians and computer operators are quite susceptible to this condition. Golfer's elbow (medial epicondylitis) is a similar condition that occurs on the inside of the elbow.

### What causes it?

Overuse of the arm or trauma to the elbow may stress or damage the muscle attachment to cause tennis elbow. Poor physical condition, poor shoulder mechanics, weak rotator cuff muscles or improperly sized equipment are causative factors. Tennis elbow occurs mostly in people between 30 and 50 years of age, but it can occur in any age group.

### What are the symptoms?

This condition presents as pain and tenderness near the bone on the outer side of the elbow (lateral epicondyle). In severe cases, almost any wrist or elbow movement can be uncomfortable. Many times patients complain of pain radiating down the forearm. A frequent complaint is the 'coffee cup sign'. This is when gripping a cup of coffee or some other object (a thick phone book) exacerbates the pain. Turning doorknobs or shaking someone's hand can also be painful.

### What is the treatment?

Research has shown that conservative treatment (physical therapy) relieves symptoms in 80 to 90% of patients. At Lincoln Orthopedic Physical Therapy, treatment includes education, developing an individualized stretching and strengthening exercise program, hands-on techniques, as well as physical modalities (i.e. ultrasound, iontophoresis, cold packs or electrical stimulation).

L.O.P.T. has certified clinicians who provide a very innovative and effective new treatment called ASTYM. This is a non-invasive advanced soft tissue therapy designed to stimulate your body's natural healing process by breaking down the adhesions (scar tissue) that can form after an injury or from overuse. ASTYM addresses the underlying problems, not just the symptoms. Patients are encouraged to remain active in their sport or work activities during the treatment process as this provides the stresses necessary for optimal healing. Use of braces and splints are minimized.

ASTYM has been proven to be a highly effective treatment for chronic tendonitis problems.

Our goal is to minimize pain and dysfunction, improve strength and return the patient to their original level of activities symptom-free. Please call any of our three locations with questions.

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