PREVENTION AND TREATMENT OF ‘TENNIS ELBOW’

Abstract
‘Tennis elbow’ is overuse injury caused by frequent repeated contraction of hand and fingers extensors resulting chronic stress muscles and tendons. The main symptom is pain that occurs on the outside of the elbow, but can be felt in the upper arm or the outer side of the forearm. The diagnosis of tennis elbow using computed tomography (CT), ultrasound, arthroscopy, magnetic resonance imaging (MRI) and clinical diagnosis, which is the basis and most important diagnostic method. Depending on the stage of disease and treatment is different. Great importance is given to kinesiotherapy, especially stretching exercises. Except stretching exercises, kinesiotherapy also include isotonic and isometric exercises. Indications for operative treatment is the existence of symptoms for more than six months, despite adequate treatment conducted non-operatively.

Key words: tennis elbow, prevention, non-operatively, operative treatment