



241 Clarence St.
Ottawa, ON K1N 5P9

(613) 302-3117

leeann@SolomonMassage.com

EPICONDYLITIS JULY 2007 NEWSLETTER

HOLIDAYS: The studio will be closed from July 19th to the 27th, and I'll be returning to work on the 28th. In August (for this month only) my Saturday hours will be from 9:00 am to 2:30 pm.

Several clients have requested information regarding golf injuries, so I thought elbow tendonitis would be a good start. As you may know, the suffix "itis" means inflammation, so tendonitis refers to inflammation of the tendon, and is considered a Repetitive Strain Injury. But "what IS a tendon?" you ask ... it is the **tough band of fibrous connective tissue** that (being part of the muscle, not separate) connects your muscles to your bones and is built to withstand tension. Because tendons are so tough and dense, they (usually) have a limited blood supply from their associated muscle and bone. For tendons that are exposed to compression, friction or torsion, this blood supply can be further compromised and over time, the tendon can experience varying degrees of tearing or even a complete rupture. When injuries occur, tissue repair and healing time is prolonged due to reduced nutrition to the area.

A prime example: a friend who completely ruptured her Achilles tendon several months ago in a basketball game, said the surgeon told her that it was such a clean tear that her tendons were likely brittle to begin with and thus couldn't withstand the sudden contraction of leaping (she hadn't played in awhile...).

Tendonitis on the inside of the elbow is called **medial epicondylitis or golfer's elbow**, and is caused by repetitive activity such as hammering, using a screwdriver, golfing, overhead serving in tennis, throwing sports, raking, typing, chopping wood. These forceful wrist and finger motions cause damage to the muscles and tendons that control the wrist and fingers, especially after a sudden, explosive movement. Deep aching pain is felt just above the bony knobby spot on the inside of the elbow (anatomically known as the epicondyle), and can be accompanied by a weak grip and nerve pain. The pain will be sharp with certain wrist or finger movements.

Tendonitis on the outside of the elbow is called **lateral epicondylitis or tennis elbow**, and is caused by repetitive activities such as poor backhand technique in tennis, meat cutting, typing, using a screwdriver, hammering, painting, raking, weaving, using scissors. I have also found that sustained postures such as using a computer mouse can aggravate the situation. Deep aching pain is felt just above the bony knobby spot on the outside of the elbow, but can be sharp with wrist or finger movements.

Treatment for either of these conditions involves rest, ice, assessment of your equipment, and technique (i.e.: ergonomics). Massage therapy and/or physiotherapy are highly recommended for manual treatment of the affected muscles, nerves and tendons, and will expedite healing time. An excellent modality provided by Preston Family Chiropractic is



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cold laser therapy, which acts quickly to reduce inflammation. To find out more about this, check out: <http://www.prestonfamilychiropractic.ca/>. Remedial exercises to include stretching & strengthening should also be recommended by these health care providers.

If you think you might be getting tendonitis, it's best to nip it in the bud sooner rather than later – give us a call and let us help.

Have a terrific and safe summer!

SOLOMON MASSAGE SPONSORED THIS BASEBALL TEAM WITH SHIRTS



THANKS TO LONG TIME CLIENT, RICHARD TSAI, SECOND FROM THE LEFT