You suspect a broken bone

Fact:

MYTHBUSTER: Tennis Elbow

and in dentists, physicians will consider several treatment options. They generally agree that if elbow pain is not properly treated, it will gradually worsen over weeks or months, and become more debilitating, especially after lifting objects intensively or with force outside of the elbow. Pressing on the outside of the elbow and gripping firmly on the inside are common factors that will increase the strain on the elbow (typically arising from the wrist).

Tennis elbow, or lateral epicondylitis, is caused by repeatedly stressing the lateral epicondyle, the bony prominence on the elbow that connects the muscles that extend the fingers and wrist. Tennis elbow is often seen in athletes and sports enthusiasts. Dr. Jones specializes in orthopaedic sports medicine, including elbow, knee, and wrist disorders.

Call 877.440.TEAM (8326) for appointments.

If a class claims to provide appropriate aerobic exercise, but is largely stretching and warming up, then you are likely to gain some benefit. If a class claims to provide a cardiovascular workout, but primarily involves static stretching and warming up, then you are not likely to gain any benefit.

Examples of class activities that are not suitable for anyone with a low level of fitness include:

- Ashtanga or Power Yoga classes: can involve abrupt dynamic movements that are not suitable for anyone with a low level of fitness.
- Items in a class:
  - Dynamic flexibility: yoga classes are one of the most popular fitness trends. Best forms of yoga can be safe and effective if done properly. However, certain classes pose risks to the back, hips, and spine.
  - Aerobics or Yoga classes: can involve abrupt dynamic movements that are not suitable for anyone with a low level of fitness.
  - Lower-level yoga classes are more appropriate for those individuals.
  - Be cautious about the suggested benefit of a class. In most circumstances, you are likely to gain some benefit from the class in question. However, it may not be the benefit you are looking for.
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To reduce your odds of developing tennis elbow, we recommend:

- Practicing moderation by gradually increasing your activity level, rather than starting with a high intensity of activity.
- Your wrist before and after your activity.
- Lowering string tension will produce less force at the elbow.
- Controlling the swing and leaving the racket in a controlled, safe position.
- Using an on-ramp after the tennis match, where the temperature is elevated to 90 degrees Fahrenheit.
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