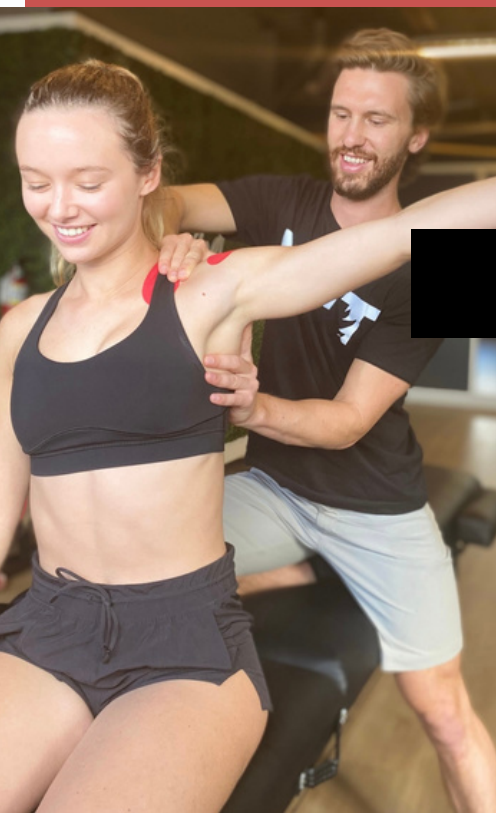




Upper Body Protocol

PLAYER AND COACH RESOURCE GUIDE

Golf/Tennis Elbow



HERE'S WHAT TO KNOW:

- Both are a tendinopathy of the muscles that control the hand and forearm
- Golfers elbow presents as pain on the inside of the elbow and tennis elbow is pain on the outside
- Develops over time from weakness and repeated overuse of the muscle-tendon unit. Usually brought on through high speed motions like swinging a club or racquet.
- PRICE after activity. Only continue activity if pain stays below 3/10 severity.
- See physiotherapist or athletic therapist to strengthen muscles and improve tendon capacity to tolerate loading.
- Taping and bracing can be effective in reducing symptoms while playing but will not solve underlying causes.

PRICE

(Protect, Rest, Ice, Compression-tensor off and on to reduce swelling, Elevation (above the level of the heart))

See physiotherapist within 24-48 hours following injury

Assess Grade of Injury (1-3)

Follow Grade Level Protocol & Timelines For Return To Play

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