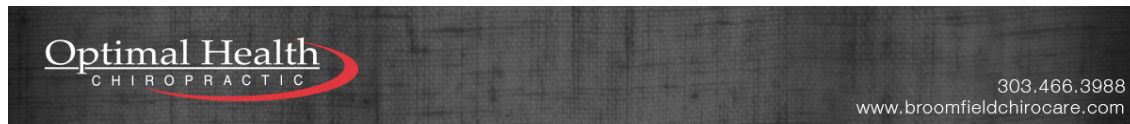


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What's Tennis Elbow Have to Do With Tennis Anyway?



It's not uncommon to have trends occur in our office. For instance, one week we'll have a handful of people dealing with headaches and then the next could be people with low back pain (or even 3 new patients with the same first name, crazy!). But lately, we've had a lot of patients coming in complaining of Tennis elbow.

What is Tennis Elbow? Tennis elbow is an overuse condition causing pain on the outside (thumb side) of the elbow. Pain is caused by the straining and fatigue of the forearm muscles attached to the outside of the elbow.

What Does Tennis Elbow Feel Like? Onset of symptoms is usually gradual. Discomfort starts as a minimal ache in the forearm and elbow and continues to worsen over weeks of repetitive use. Symptoms can be both pain and weakness. Tennis elbow may make it hard to hold a cup, shake hands, open door knobs; anything involving hand rotation. Aside from finding it hard to do these activities, It may cause severe sharp burning pain over and outside of the elbow.

What Causes Tennis Elbow? Tennis elbow is caused by repeated flexing of the forearm muscles that are used to straighten the wrist. Repeated flexing causes tiny tears in the tissue in the muscle next to the bone on the outside of the elbow. Tennis elbow can be caused by playing racket sports, especially back handed. Other causes of tennis elbow include painting, using tools like screwdrivers, cutting food, or computer mouse use.

How Do We Treat Tennis Elbow? In most cases, success is high with nonsurgical approaches. Traditional treatment of Tennis elbow includes rest for 2-4 weeks to allow tissue to heal. Anti-inflammatory medicine to remove inflammation from the area. Physical therapy can provide exercises for stretching and training forearm muscles as well as utilizing ultrasound and electrical stimulation. Braces are designed to go over the forearm muscles which relieves tension on the muscles and tendons.

Chiropractic treatment includes adjusting the bones in the elbow and wrist to provide proper joint movement. Lack of movement in either area can cause increased friction on the tendons and muscles of the forearm. Along with physical manipulation of the joint, chiropractors utilize soft tissue massage and

Just because you haven't been swinging that tennis racquet all summer long, doesn't mean you might not be suffering from tennis elbow. Let us know if you or someone you know have been experiencing symptoms - we're here to help!

- Dr Chris



Schedule Your Sports Physical



Stress Levels Are High Right Now

Dr. Chris Does Sports Physicals

Did you know that Dr. Chris can do sports physicals for your athletes upcoming season?

You can even download our paperwork here: <https://www.broomfieldchirocare.com/sports-physicals-1>

and schedule online here: <https://optimal-health-chiropractic.genbook.com>

Let us know if you have any questions and be sure to bring any paperwork you need signed off on with you.

We love being a part of your athlete's sports career, whether it's getting them checked out before the season starts or keeping them feeling great through the entire season.

Taking Care of You

This is a stressful time. It's supposed to be the wrap up of summer and beginning of getting back into the school routine, but many of us are left with a feeling of a lack of control for many reasons, and with that, comes an increased level of stress.

This is us, reminding you, to take time to take care of yourself. We know you know these things already, but in case you need a reminder, here are a few of our favorite ways to reduce our stress:

- Get outside and move your body. Breathe in fresh air and get your heart rate up.
- Have a movie night with the family and get transported to somewhere else for a while. Put music on and turn your kitchen into a dance party. Or dive into a good book that turns your brain off for just a bit.
- Prioritize sleep. Everything is easier when you've had good rest.
- Get it out. For some people it means writing it down, for others it means calling a friend, but working through things leads to positive perspective shifts.

Remember that we are here for you and taking care of yourself right now is more important than ever.

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