

INJURY OF THE MONTH

TENNIS ELBOW

WHAT IS TENNIS ELBOW?

Tennis Elbow or “lateral epicondylitis” is a **painful condition centering around the inside of the elbow**. It can be caused by injury, repetitive movement, strain or overuse of muscles. Despite its name, it doesn't just occur in tennis players. Anyone who uses the same movements while gripping items can fall victim.

WHAT ARE THE SYMPTOMS?



- **Recurring pain** on forearm or below bend in elbow
- **Numbness or tingling** in shoulder, elbow or wrist
- **Stiffness** that restricts movement of elbow

HOW CAN AIRROSTI HELP?

Airrosti providers consistently and effectively treat musculoskeletal conditions by **addressing the cause of pain**, not just mitigating the symptoms.

- Detailed examination to diagnose true injury
- Quality one-on-one patient care
- Highly specific, non-invasive manual therapy
- Individualized active rehabilitation program
- **Avg. number of Airrosti visits to resolve most conditions = 3** (based on patient-reported outcomes)

ASK YOUR DOCTOR OR CALL TODAY TO SCHEDULE:

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