

FACT FILE!!



You have Tennis Elbow ... Or do you?

We interviewed Calum about his thoughts on ‘Tennis Elbow’ and here are his thoughts:

Often when experiencing pain on the outside of your elbow, you hear the blanket term “oh you must have tennis elbow”. After a quick Dr Google search, you have come to a self-diagnosis that it must be, or Lateral Epicondylitis.

However, all might not be as it seems. What is often diagnosed as Tennis Elbow is also likely to be caused by radial nerve pain, or Radial Tunnel Syndrome. Either from forearm overuse or irritation from its origin at the neck, the nerve pain experienced can be debilitating causing consistent pain and making day to day tasks exceedingly difficult.

At 5 Valleys Physio, we have the expertise, experience, testing, and industry leading equipment to accurately diagnose & treat such conditions. Moreover, we aim to improve your pain and function so you will be able to achieve your health and performance goals.

Using umbrella terminology in the absence of accuracy is the difference between getting a patient out of pain or making no change at all

If there is ever doubt then we use our in-house diagnostic ultrasound expert to scan the tendons of the elbow to confirm or negate the pain source.

Calum Linklater-Jones, BSc (hons), MSc, MSST

Graduate Sports Therapist | 5 Valleys Physio