

Tendonitis

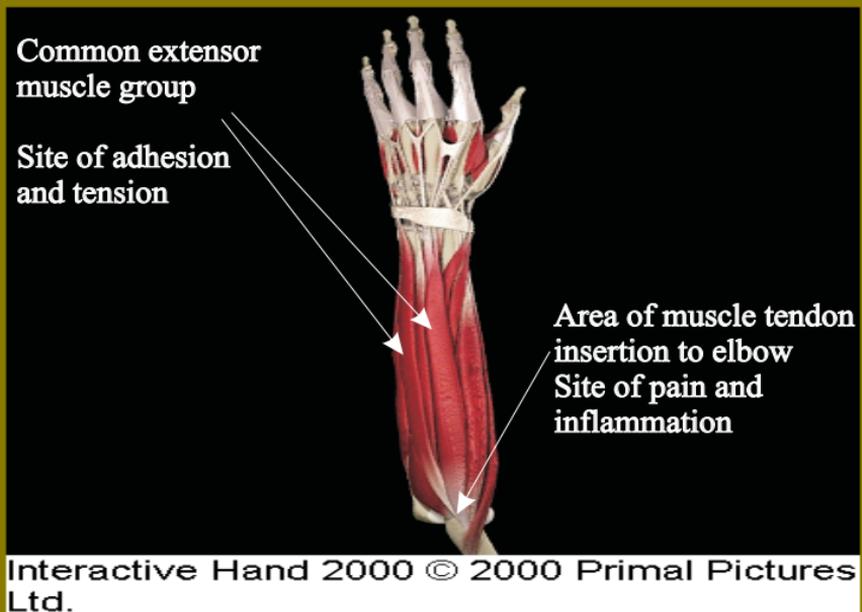
Golfers Elbow and Tennis Elbow

RSI or Repetitive Strain Injury is the most common mechanism for these problems. Activities commonly leading to RSI and tendonitis include:

- ❑ Computer keyboard work
- ❑ Use of wrist and forearms tools, gripping with the hands, trades and manual work.
- ❑ Fine Motor Skills artistry, penmanship.
- ❑ Work with Heavy Equipment Vibration and lever controls
- ❑ Sports golf, tennis, hockey, and throwing, to name a few

The above physical stresses can lead to micro tears in the tissues of the forearm. When the tissues lack the time or opportunity to heal properly, they become inflamed and irritated leading to pain in the elbow and forearm.

Unfortunately the process is perpetuated as the body attempts to lay down more scar tissue leading to more adhesions (see reverse). The diagram below shows a few of the different structures commonly involved:



ART treatment focuses on three aspects:

1. Using specific protocols, the ART provider is able to feel the muscles and tendons that are adhered by fibrous adhesions. Accomplishing this will restore normal gliding and free movement of the tissue structures removing painful and irritating interference.
2. Addressing related tissue structures and nerves. Often problems in the shoulder, neck and other aspects of the arm can contribute to this problem and need to be addressed.
3. Exercise: Specific exercises are provided to keep normal function.



Dr. David Urness, D.C.©

... achieving active, healthy lifestyles.