

Do's and Don'ts for Tennis Elbow

Do's:

- Rest from the activities that seem to cause the pain.
- Use ice, commercial cold packs, or frozen peas to treat the inflammation (10-15 minutes of application – every hour for severe cases, 3 times per day for even mild cases).
- Stretch as directed before, during, and after performing any repetitive arm activities.
- Experiment with chair height, mouse location, and keyboard position if using a computer aggravates your condition.

Don'ts:

- Avoid repetitive activities using the symptomatic arm.
- Avoid long durations of computer work or other repetitive arm activities - take frequent rest and stretch breaks.
- Don't sit in a slouched fashion to do desk work.
- Don't play through the pain and expect it to get better.