

Tennis & Golfer's Elbow

Two sides of the same tendon problem, and how we help

Despite the names, you don't need to play tennis or golf to get these, and they're really the same problem in two different spots. **Both happen when a forearm tendon is asked to do more than it's currently prepared for, and gets irritated where it attaches to the elbow.**

What's actually going on

The forearm muscles that move your wrist and fingers attach by tendons to two bony bumps on your elbow. When the demand on a tendon **outpaces what it's built up to handle**, whether from a change in activity, a new task, or just doing more than usual, it can become irritated and painful. This is a **tendinopathy**: a tendon that's fallen a little behind, not an inflamed or torn one. Nothing is broken.

OUTER ELBOW

Tennis elbow

The tendons on the **outside** of the elbow (the muscles that lift the wrist). Often sore with gripping, lifting with the palm down, or a backhand.

INNER ELBOW

Golfer's elbow

The tendons on the **inside** of the elbow (the muscles that curl the wrist). Often sore with gripping, twisting, or lifting with the palm up.

WHAT TO EXPECT: IT TAKES TIME

Tendons heal slowly. They have a limited blood supply and rebuild gradually as you load them, so these conditions often take **a few months** to settle, not a couple of weeks. That's normal, not a sign anything is wrong. Steady, patient rehab is what gets you there, and the large majority of people recover well without surgery.

How we help

- **Load management**, adjusting demand temporarily while keeping you active
- **Targeted tendon exercise** to gradually rebuild its capacity
- **Hands-on care** to ease pain and improve comfort
- **Activity & technique tips** for the tasks that set it off



When elbow pain needs a closer look

Let us know or seek care for pain after a **significant injury or fall**, **numbness, tingling, or weakness** in the hand or fingers, a **locking or giving-way** elbow, or signs of infection like **fever, redness, or warmth**.

The takeaway: tennis and golfer's elbow are the same tendon problem in different spots, a tendon that's fallen behind on what's being asked of it. They're not dangerous, and they respond well to patient, guided rehab that builds the tendon back up. It just takes a little time.

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