

	TENNIS ELBOW: HOMEOPATHIC APPROACH		
	DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality SINCE 1991 M.D.(HOM.) 9825050054 dr-ronakshah.com	It helps to reduce the pain and stiffness without using any invasive procedures & without any side-effects. The duration for treatment of tennis elbow can vary from few days to few weeks.	

TENNIS ELBOW: HOMEOPATHIC APPROACH

Tennis elbow (lateral epicondylitis) is a painful condition that occurs when tendons in your elbow are overloaded, usually by repetitive motions of the wrist and arm.

Despite its name, athletes aren't the only people who develop tennis elbow. People whose jobs feature the types of motions that can lead to tennis elbow include plumbers, painters, carpenters, butchers and even housewives.

Causes and Risk Factors:

Tennis elbow affects up to 3% of people, mostly between the ages of 30 and 50.

- Any activity that strains the muscles around your elbow over and over again can cause tennis elbow. Tennis elbow affects 50 percent of tennis players. In tennis, hitting a backhand puts some stress on your forearm muscles, which clench when you hit the ball. If your technique is off or if you grip the racquet too tightly, it puts more stress on the tendons that connect your forearm muscles to your elbow. That can cause the tendons to get small tears.
- You can get tennis elbow from playing other racquet sports, such as squash or racquetball.
- You can also get it from jobs or activities that involve repetitive arm motion, such as Cutting down trees with a chain saw, Painting, Carpentry, Kitchen work, such as cutting with a knife, A direct blow to your elbow can also make the tendons swell.

Symptoms:

- The most common symptom of tennis elbow is recurring pain on the outside of the upper forearm, just below the bend of the elbow. Pain may also be felt further down the arm, towards the wrist.
- Tennis elbow can cause pain when twisting the forearm. This can be noticeable when turning a door handle or extending the forearm fully, a painful grip while shaking hands and not being able to hold relatively heavy items in the hand.

What happens if a tennis elbow goes untreated?

If the tennis elbow is not treated in time or the activity is continued, that basically caused tennis elbow in the first place than it can lead to permanent damage to joint movement and complete retirement from that sport. Though we don't suggest panicking and running for surgery or steroid injections. We want you to do a intelligent assessment if you want to go through the rest and staying away from the sports after surgery or repeated injections once you start the process.

For getting relief in this condition, rest, painkillers, anti-inflammatory medicines, and physiotherapy are generally advised. But, sometimes due to the frequent use of painkillers and anti-inflammatory medicines, many other complaints, such as acidity, constipation, indigestion, etc. are triggered. To avoid these secondary complaints and discomforts, it is beneficial to follow homeopathic treatment for tennis elbow along with the other supportive measures to obtain relief in this condition.

HOMEOPATHY TREATMENT OF TENNIS ELBOW

Homeopathy is highly effective in treating the painful condition of tennis elbow incredibly and safely without any side-effects. It helps to reduce the pain and stiffness without using any invasive procedures. The duration for treatment of tennis elbow can vary from few days to few weeks. Along with treatment we also suggest physiotherapy to get quick relief from pain.

Among the homeopathic medicines for tennis elbow the top-grade ones are Rhus Tox, Ruta, Bryonia, Bellis Perennis and Calcarea Carb.