

Tennis Elbow (Lateral Epicondylitis) Self-Care

Place your four fingers against your injured forearm with your forefinger at the elbow crease (cubital crease). At the outer edge of the pinky finger, place a strip of paper medical tape (1" width) and wrap it around the arm gently (arm should NOT bulge around the edges of the tape), leaving a finger-width's gap between the two ends of it. Wear this tape on your arm all day, but not at night.

Use heat on the arm each evening. Ideally you will use both moist heat and dry heat; first moist heat for 10 minutes, followed by dry heat on the arm for 10 minutes. Moist heat can be used in the form of a bath of hot water that the elbow is held in or while in the shower, or by using a moist heating pad. Dry heat can be used with a hot water bottle or dry heating pad.

Use care when using your arm to avoid aggravating it by any activity (writing, typing, using a computer mouse, painting, lifting grocery bags, tennis...).