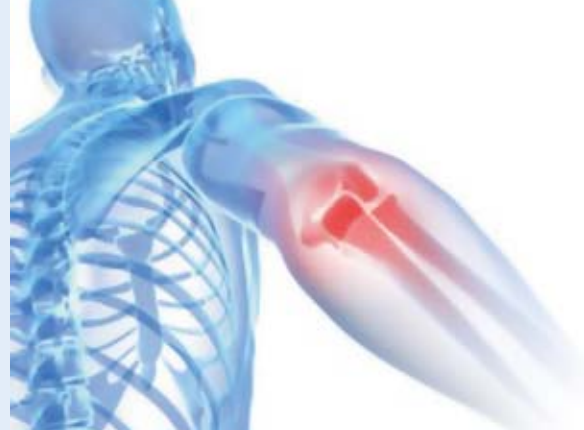


## 網球肘 的家居護理

### Tennis Elbow – HOME CARE

網球肘多是因為手臂背面肌肉疲勞或過度重覆某些活動所引致。

Tennis elbow is usually a result of weakness and overuse of the muscles at the back of the forearm.



網球肘是指手肘外邊肌肉腫脹疼痛  
毛病多是因為手臂背面肌肉疲勞或  
過度重覆某些活動所引致

日常生活中抓、握、拿等動作都需要屈曲手指和手腕，如打短訊、使用鍵盤打字、練習樂器、握緊軟盤等等。在屈曲手指和手腕前，手指及手腕的伸展肌肉都需要收縮以固定手肘。

因此如每日都需要長時間用手或手指來作拿、握、捏等動作，伸展肌就需要長時間處於收縮狀態。隨著時間，腕及指的伸展肌就會繃緊；若經常重覆這些手部動作時，伸展肌的肌腱就有可能撕裂，引起痛楚。

#### 若想加速康復可以



1 在患處冷敷。



2 減少重覆做同一種手部動作，如：握，抓，捏等等。

5 用扭力棒鍛煉伸展肌的柔軟性和肌力，重覆20-30次或做到疲累，每天做兩組。動作可參考：  
<http://www.youtube.com/watch?v=gsKGbqA9aNo>



## 灣仔脊醫診所

(香港脊骨神經科醫學院基金有限公司營運)

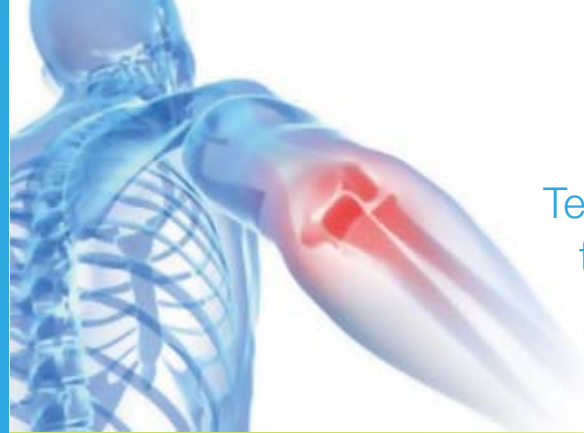
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Tennis elbow refers to pain and tenderness on the outside of the elbow. It is usually a result of weakness and overuse of the muscles at the back of the forearm.

During daily activities, we frequently grasp and/or grip, flexing fingers and wrists. We do this when we are in front of the computer, texting when using a phone, playing musical instruments, gripping a hammer, holding on the driving wheel of a car etc. etc. Before we flex the fingers and wrists to do the tasks, the extensors of the fingers and wrists have to contract to stabilize the elbow. Consequent to frequent flexion of fingers and wrists throughout the day, the forearm extensors have to contract continuously. The static contraction of the wrist and fingers extensors throughout the day renders the muscles tight. When there is a need for repetitive strong grip, with wrist extension or forearm rotation, the origin of the extensors may be strained, causing pain on the outside of the elbow.



To enhance recovery, do the followings:



1 Apply cold onto the outside of the elbow.

3 Use an elbow support.



4 Strengthen the wrist and fingers extensor using the Hand Xtrainer. Extend the fingers. Hold for a count of 5. Relax and repeat for 20-30 repetitions or to tolerance, twice a day.



2 Reduce repetitive grasping and/or gripping and pinching movements.



5 Strengthen the wrist and fingers extensor eccentrically using flex bar. Repeat for 20-30 repetitions or to tolerance, twice a day. For movement, please refer to the following: <http://www.youtube.com/watch?v=gsKgbqA9aNo>

#### REFERENCE

1. Tyler TF et al. Addition of isolated wrist extensor eccentric exercise to standard treatment for chronic lateral epicondylitis: a prospective randomized trial. J Shoulder Elbow Surg 2010 Sep; 19(6): 917-22