



TENNIS (ELBOW) ANYONE?

Have you ever had a patient that suffered from chronic medial or lateral epicondylitis? Medications and injections were only mildly successful and their symptoms came back after 6-8 weeks. McMeen Physical Therapy, P.C. can help!

Richard has attended a Brian Mulligan continuing education class where he learned specific mobilization techniques that are very successful in treating chronic epicondylitis.

Often acute cases of epicondylitis can be successfully treated in 3-5 session. Treatment options include stretching exercises, modalities including ultrasound, iontophoresis or electrical stimulation. Manual techniques will include massage, myofascial trigger point release, and Mulligan mobilizations.

Patient education is very important and will include posture and work related ergonomics. Patients will be progressed to a home exercise program as tolerated. Specific taping techniques are also successful in chronic cases. Occasionally bracing is used to limit wrist overuse until soft tissue healing has occurred.



"Your Movement Rehabilitation Specialists"

CONTACT US FOR MORE INFORMATION

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