

Tips for dealing with the epicondylitis

Here are some important general tips that can prevent damage and speed up the recovery process. Please read those tips carefully, as they may help you one way or the other.

Important NOTE:

This is not medical advice and we are not doctors either - the following statements merely reflect our personal opinion based on our experience and must not replace medical advice.

In order for you to get well soon again, it is absolutely important that the arm does not remain in a relieving posture, but is rather used a lot and as normally as possible (while wearing the cuff) instead.

Treating inflammations:

An epicondylitis almost always has two "construction sites". At first there are the injured tendons (microscopic tears) and the body almost always reacts to this with additional inflammations. Inflammations can be felt, for example, by being sensitive to touch and having a pain at rest (the area does not only hurt with exertion).



If there is an inflammation, we recommend that you have it treated massively. In our experience, a single (really, just one) cortisone injection is the first choice and can be very effective. But this has to be syringed really well (no bunglers are allowed to do it), otherwise there can be additional injuries. The dose has to be right - high enough, but not too much, single injection.

In combination with the cuff, the problem should quickly be forgotten, because the injured tendons are relieved with the Masalo cuff and therefore can heal. It takes at least 4-6 weeks until the spook is over, but it can also take 3-4 months if there is a massive injury (tennis elbow). With the golfer's elbow, 6 months and more are possible as well.

If there is an inflammation and you don't want to run straight back to the doctor's, please observe carefully. While using the cuff consistently, the inflammation must disappear or decrease or significantly within 3-5 days, otherwise please seek treatment.

If you notice that the inflammation is "creeping up" on your upper arm, you really have a red alert (This affects the golfer's elbow particularly often). This inflammation could reach the shoulder and inflame the bursa there (the arm can then be raised to the side up to a maximum of 90 degrees, causing unbearable pain). This bursa is a stubborn fellow and difficult to calm down again, this can lead to serious consequential damage, please be careful and do not let an inflammation spread.

Avoid rotary motions:

Please avoid rotating movements such as working with a screwdriver. The Masalo® Cuff MED protects the tendons most of the time, but can only do little to prevent twisting and rotary movements. Therefore, please avoid those activities if possible, until the injury has healed completely and then wear the cuff prophylactically during physically demanding work or during sports afterwards.

Stretching exercises and eccentric training:

Although many professionals and the Internet recommend those therapeutic approaches, we strongly advise not doing these exercises altogether, but if you absolutely want to do them, at least with the utmost caution.

Injuries to the tendons are caused by movements (overloading) of the fingers and wrist. So if you stretch your hand towards the top of your hand (as instructed in one of the stretching exercises), you pull with the maximum possible force on the injured tendon of the tennis elbow (lateral, outer arm side). If you bend your hand towards the palm of your hand, you strain the ulnar tendon (inner arm, golfer's elbow). The pain involved and common sense should tell you "don't do it!"

Normally, people stretch in both directions and thus overstrain a previously uninjured tendon, which often leads to a golfer's elbow or, conversely, tennis elbow additionally.

Support from a simple wrist bandage:

It is generally advisable to simply stabilize the wrist a little as well.

Either with an elastic bandage (wrapped around the wrist a few times and then again between thumb and forefinger), or a cheap wrist bandage (there are e.g. Fitgriff at Amazon for 15.90 EUR per pair).

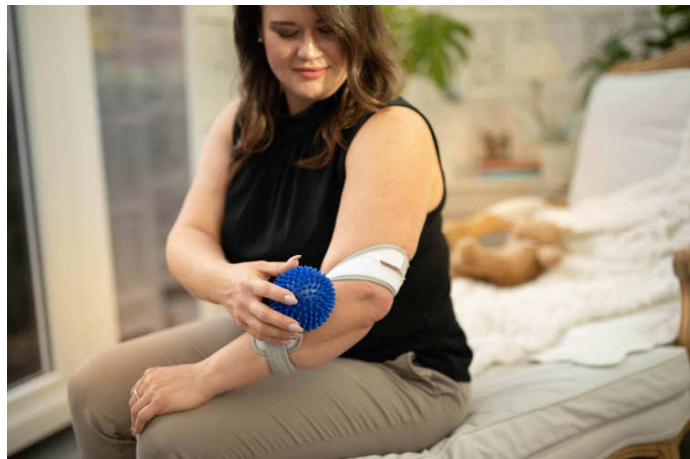
But please don't stiffen the wrist with something like this, **it should always remain flexible, but in general overstretching or overbending should be cushioned and absorbed.**

Supportive measures / self-massage and chiropractic:

The theory of stretching is that the tennis elbow / golfer's elbow is just a cramp/convulsion (that's scientifically proven nonsense).

However, relieving postures due to the severe pain can actually lead to cramps in the muscles. A cramped muscle contracts, putting even more strain on the tendons. (Over time, hardening of the muscles can occur, which can often be felt as hard "lumps" when palpating).

You should get a spiky massage ball (approx. 9 cm in diameter, on Ebay in a double pack for approx. 6 EUR, or in a specialist shop, alternatively a fascia roll is also possible to use). With this ball you should massage the entire forearm muscles of the affected arm several times a week after work for about 10-15 minutes (better have it massaged by somebody else). Always work from the wrist towards the elbow.



This relaxes and is good for you, loosens the muscles, frees the fascia and improves blood circulation. For healing you absolutely need blood, which transports the necessary substances to the injury and the area affected.

Tendons are so-called bradytrophic tissue, i.e. tissue with few blood vessels, which is why it always takes a long time for ligament lesions and tendon injuries to heal (the orthopedist actually plans "at least 6 weeks" for the healing process of such injuries).

After the self-massage, cool the elbow down a bit (e.g. with a quark wrap, apply cool quark from the fridge to the elbow, cover with a cloth and wash off after a few minutes – when it is warm - or use a cooling pad, please do not put ice on the injury).

However, some patients need heat and cannot tolerate cold well, if this is the case with you, then use heat (anything that *feels* good, *is* good).

Then apply any anti-inflammatory ointment (apply several times a day if possible, something prescribed is preferable...).

Physiotherapy is also a good approach (but please refrain from stretching there, too).

As soon as you feel better, 2-3 treatments by a chiropractor make sense, since the cervical vertebrae can also shift due to relieving posture and the neck muscles can harden. Good chiropractors can easily fix that.

Doing sports with epicondylitis:

As already mentioned it is generally advisable to simply stabilize the wrist a bit in order to cushion or reduce overstretching or overbending.

In sports, especially fitness, weight training, climbing, tennis, golf, etc., you tend to do the last bit with your wrist (e.g. bicep curls, forehand and backhand in tennis, etc.) and exactly that overloads the tendon.

Please avoid jerky loads and movements if possible, work slowly whilst using less weight / load, rather do more repetitions... Adjust the cuff as tightly as possible to achieve maximum relief and maximum protection.

For other types of sports, please approach slowly and adjust the cuff really tight, especially in tennis (please hit a few balls in "training mode" first, then increase slowly, depending on the degree of pain), weight training, etc. (even if you have the subjective feeling "I can't do sports with this thing on"). Adjust tightly, exercise and, if necessary, gradually loosen up bit by bit until you have found the optimal settings for your cuff.

The tighter the cuff is set to deal with such loads, the greater the protection and relief. You will notice that. However, always readjust the cuff a little looser afterwards, so that blood circulation is permanently guaranteed.



In general, exercising is definitely good and important.

Avoid shock wave therapy:

Shock waves are very popular but can also cause harm to the patient, and the patient should be informed about this. Here (depending on how the shock wave is set) the surrounding tissue is intentionally additionally injured (this is then a kind of radiation gun with which the doctor "shoots" into the tissue and causes injuries there) so that the healing process is stimulated. But you're already injured...

But there are also beneficially modulated shock waves, more like ultrasonic irradiation, that can help.

Here are some German scientific articles linked down below:

<http://www.spiegel.de/wissenschaft/medizin/pruefbericht-aerzte-machen-mitunsinn-kasse-a-810942-10.html>

http://www.igel-monitor.de/igel_a_z.php?action=abstract&id=52

We wish you a rapid recovery!

