



COMPASSION AT EVERY STEP



Quick Recap

Tennis elbow irritates the outer-elbow tendons that bend the wrist back. Activity tweaks and gentle exercises restore pain-free grip.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know about tennis elbow, what to watch for, and how we help at home.

“With patient care and gentle exercise, the elbow and wrist return to comfortable, confident daily use.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



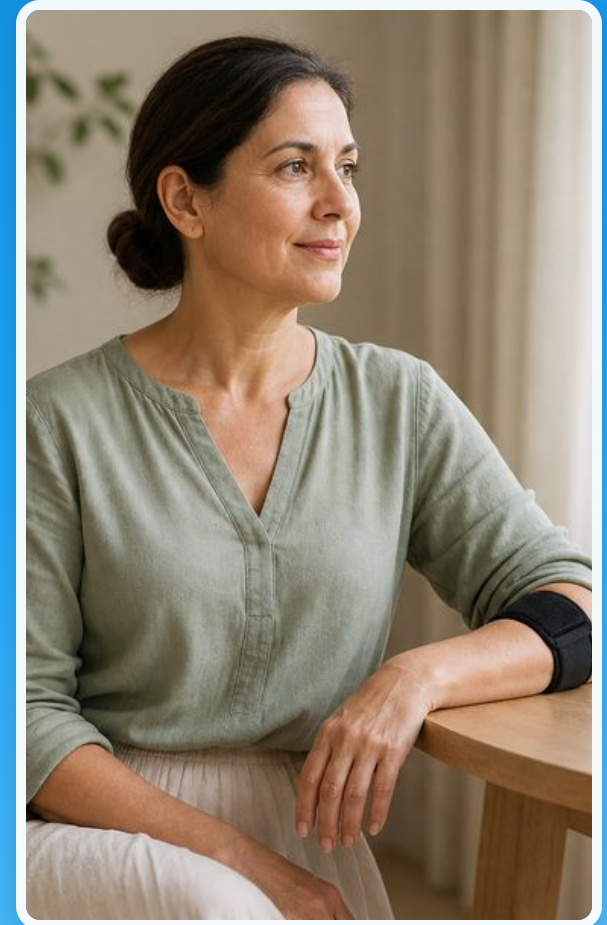
Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Tennis Elbow

Lateral Elbow Tendon Care at Home



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



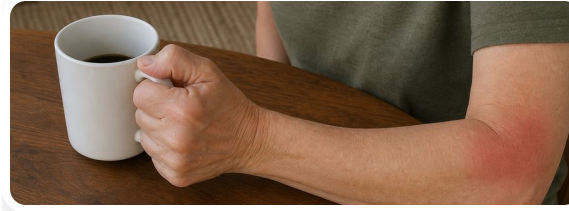
● Tips at Home

Practical day-to-day tips to rest the elbow tendons and ease pain at home.

Build a calm daily routine — brief rest, light strap support, and short ice sessions after activity. Note any changes and share them with your healthcare providers.

- Rest the painful arm from gripping, twisting, and heavy lifting.
- Apply ice to the outer elbow 10-15 minutes, 3-4 times a day.
- Wear a counterforce strap below the elbow during light tasks.
- Take prescribed anti-inflammatories with food, exactly as directed.
- Home nursing visits guide strap fit, exercises, and pacing.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track pain on the outer elbow when gripping or shaking hands.
- Note weakness lifting a cup, opening jars, or turning keys.

Good to know

- Most cases resolve in 6-12 months with rest and gentle loading.
- Tennis elbow affects wrist-extensor tendons, not the elbow joint.

When to call: Sudden severe pain, finger numbness, or no improvement after 6 weeks — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Recovery habits that protect the elbow and rebuild grip strength.

Small steps add up: one slow wrist lift, one gentle stretch, one well-paced task brightens the whole day.

- Start eccentric wrist-extensor lifts with a light dumbbell or band.
- Stretch the forearm extensors: arm straight, wrist flexed gently down.
- Lift with both hands and keep elbows close to the body.
- Daily forearm self-massage with a foam ball relaxes tight tissue.