

Role of Physiotherapy Management in Tennis Elbow: A Case Report

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ABSTRACT

Repetitive hand movements in daily activities or work can lead to arm discomfort, particularly in the elbow, increasing the risk of tennis elbow. Tennis elbow is a condition characterised by reduced joint mobility, impaired muscle performance, and inflammation of the wrist extensor tendon at the lateral epicondyle, resulting in pain and disability. It affects approximately 40% of the population, particularly individuals aged 35–54 years, and is common among tennis players, with 75–80% experiencing elbow pain due to this condition. Physiotherapy modalities, including LASER and exercise therapy, play a significant role in its management.

A 45-year-old male sportsperson from Bundelkhanduniversity, Jhansi presented with left elbow pain persisting since August 2024, following table tennis sport. The pain interfered with daily tasks such as personal hygiene, playing game, lifting objects, motorcycle riding, and office typing.

The patient underwent three physiotherapy sessions, each lasting 60 minutes, incorporating Transcutaneous Electrical Nerve Stimulation (TENS), LASER, and exercise therapy. Outcomes were assessed

using the Numerical Rating Scale (NRS) for pain, Manual Muscle Testing (MMT) for muscle strength, goniometry for range of motion, and the Patient-Rated Tennis Elbow Evaluation (PRTEE) for functional ability. Significant improvements were noted in pain reduction, muscle strength, joint mobility, and functional performance.

The primary goal of the physiotherapy program for tennis elbow is to alleviate pain, enhance muscle strength, restore joint range of motion, and improve functional capabilities. Exercise therapy was particularly effective in promoting muscle contraction and relaxation, aiding precise movement control.

A comprehensive physiotherapy program, including TENS, LASER, and structured exercise therapy, effectively reduced pain and enhanced range of motion, muscle strength, and overall functional ability in a patient with tennis elbow.

Keywords: Goniometry, Manual Muscle Testing, Numerical Rating Scale, Patient Rated Tennis Elbow Evaluation, LASER therapy, Tennis elbow, Transcutaneous electrical nerve stimulation