

Introduction

If you've just been told you've got 'tennis elbow' you might well be puzzled. Its quite possible you've never held a tennis racquet in your life. The truth is this condition is caused by physical strain and affects people from all walks of life, whether they are tennis players or not. Anyone who is continually gripping, turning or twisting their hands can develop tennis elbow and it affects all age ranges although mostly people between the age of 35 and 60.

Over 2% of the population suffer from tennis elbow at any time, many of them experiencing chronic pain which can last for many months, even years. Many people also get tendon pain in the inside of their arm which is a similar condition commonly known as 'golfer's elbow'.

What is Tennis Elbow?

The medical name for tennis elbow is lateral epicondylitis. The lateral epicondyle is the bony part that you can feel on the outside of your elbow. Tennis elbow happens when the tendon in the lateral epicondyle becomes damaged through repeated wear and doesn't heal properly. Small tears in the tendon (micro-trauma) don't heal properly in many adults because they have reduced blood flow to the area.

This reduced blood flow shows it to be a lack of inflammation of the tendon and not as previously thought, an inflammatory condition.



Available Treatments

Until recently doctors have suggested steroid injections to help with the pain but recent research published in the British Medical Journal has shown injections to be ineffective for anything other than short term pain relief. Many people who have had injections find the pain returns afterwards and can be worse. Injections also carry possible side effects such as skin damage and shrinkage of the fat around the injection site.

Anti-inflammatory drugs can be used to mask the pain for a while and strapping the elbow for a few weeks to immobilise it can protect it against further damage.

Physiotherapy can provide some relief but is often an expensive and lengthy treatment. Specialist vibration therapy is available in some hospitals but is rare. In severe cases an orthopaedic surgeon might be asked to provide an operation on the tendon to relieve the condition.

Until now there has never been a portable treatment for home use that is proven to work and is available over the counter. Tenease has been developed to help cure the pain of the condition and to help repair the damage from the underlying cause.

How Tenease Works

Tenease is the first research proven device available specifically produced for treating tennis elbow pain. It works by the principle of the gate theory, discovered by Patrick Wall and Ronald Melzack in 1965. By introducing a microprocessor controlled frequency of vibration to the affected area it effectively 'scrambles' the pain signals to the brain in the same way the pain pathway is blocked by drugs.

While Tenease gives a high level of pain relief almost instantly, the device also mechanically generates inflammation of the area generating blood flow to the tendon. This means potentially increasing the speed of healing for tennis elbow sufferers.

In recent clinical trials, 98% of users of Tenease experienced pain relief and 85% reported faster healing of their elbows. Some of the patients in the study had been recommended for surgery after finding no benefit from steroid injections and found using a Tenease a viable alternative to an operation.



Use a Tenease for 10 minutes at a time,
3 times a day for instant pain relief.

