

Elbow Tendonitis (Tennis elbow)

1. Brace Especially with gripping and tightening
2. ICE ICE and ICE
3. Rub deep
4. ART

Active treatment

1. Ultrasound
2. EMS
3. LASER
4. Trigger point therapy
5. ART

Nutritional Therapy:

1. Ligaplex: gives nutrients for musculoskeletal healing
2. Fish oil – anti-inflammatory 2 grams day
3. Bromelain – 2 capsules day. Acute anti-inflammatory
4. Boswellia- take as a replacement aspirin