



Ortho-One Orthopaedic Speciality Centre

May 2019

Tennis Elbow

"Though this condition is known as Tennis Elbow, this is not commonly seen in Tennis Players. It is also termed as elbow lateral



epicondylitis. All age groups go through Tennis Elbow, especially the working class. It can occur either due to a single injury or repetitive work pattern. Usually one has pain along the outer aspect of the elbow (lateral epicondyle of the elbow). It occurs due to inflammation of the extensor carpi radialis brevis tendon. During the acute inflammatory phase, it is always advisable to take adequate rest with anti-inflammatory medications. Unfortunately, majority of the population do neglect treatment and continue working in spite of the pain. At one point of time the pain will become more severe and non-responsive to medication, but 60 percentage of initial pain will get healed completely over a period of one year.

Patients not responding to anti-inflammatory medication may need steroid injections at the site of inflammation.

Before using steroid injection, one must be aware of its pros and cons. It is the duty of the practitioner to make the patient aware of steroid injection and its benefits. If epicondylitis progresses to an advanced stage, it may result in complete or partial tear of the ECRB. In such cases, with partial tear, there is a definite role for PRP (platelet rich plasma) injections which yield complete relief in 50% of cases.

Complete tear may fail to heal by itself and necessitates repair of the

ECRB tendon to the bone followed by a structured Physiotherapy to yield complete functional outcome" says Dr. M. Shyam Sundar of Ortho-One, a Specialist in Shoulder & Elbow Surgery, Joint Replacement, Sports Medicine.



Dr. Yuvarajan **enabled me to** **walk again!!**

Recently, Ms.Santosham of Pollachi underwent Knee Replacement Surgery for both her knees under Dr.Yuvarajan at Ortho-One. Having suffered with pain for more than 3 years, which disrupted her daily routine, she is now finding great relief and is able to go for her daily walk, and do her work with ease.

When the pain of the problem becomes greater than the pain of the solution, then it is easier to accept the solution to the problem. This was the case with Ms.Santosham. With support and encouragement from Dr. Yuvarajan and his team, Ms.Santosham felt comfortable to undergo the surgery and physiotherapy.

When she came for her review a month after the surgery she conveyed her heartfelt gratitude and appreciation for Dr.Yuvarajan and all the team from Ortho-One.

YMCA Summer **Camp**

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Speciality Centre was invited for the Basket Ball Summer Camp Talk at YMCA grounds. Mr. Ganesan (HOD - Physiotherapy Department) spoke to the students of age group 9 - 14 on the topic "How to improve your sports performance" and on "Injury Prevention and First Aid."



There were more than 50 students who actively participated and benefitted from this session.



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