

ADVANTAGE THERAPY INDUSTRY UPDATE

December 2015

A Courtesy Publication for the Springfield area HR/Safety Community

An update on conventional treatments for lateral epicondylitis in the injured worker

Research shows ASTYM treatment achieves greater results than exercise alone

Lateral epicondylitis, also known as tennis elbow, generally occurs in workers 35 years of age or older but may occur at a younger age. Workers with lateral epicondylitis often have performed repetitive wrist flexion and extension during the course of their job or have performed duties requiring stabilization of the wrist in a slightly extended position such as gripping and turning.

During these activities tendons at the elbow can be subjected to microtrauma leading to disruption and/or degeneration of the tendon's structure. At times this microtrauma has trouble healing, or fails to heal, becoming stuck in a degenerated state leading to pain, decreased strength, swelling, development of scar tissue, a reduction in range of motion at the elbow, wrist, or hand, and decreased ability to perform normal job duties. Pain may be felt at the elbow, down the forearm, or just above the elbow. Symptoms commonly occur without warning and gradually worsen, but may occur all at once following a blow to the elbow or after a sudden high effort.

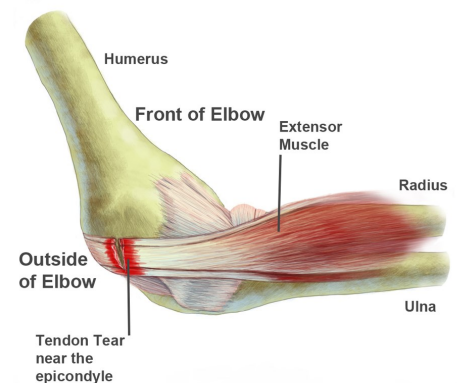
Typical non-invasive, conventional treatments for lateral epicondylitis include rest, cold applications, reduction or elimination of movements that cause or increase symptoms, and anti-inflammatory medications. Additional conventional treatments may be performed or directed by a licensed physical or occupational therapist such as electrical simulation, therapeutic exercises, therapeutic stretching, taping, manual therapy, and ASTYM (augmented soft tissue management). A therapist often uses a combination several techniques to achieve better and faster results.

ASTYM & SASTM (sound assisted soft tissue management) are both therapies that regenerate healthy soft tissues and eliminate or reduce unwanted scar tissue that may be causing pain or movement restrictions. **Doctors may specifically prescribe ASTYM therapy for injured workers because of its highly effective outcomes, even when other conventional approaches fail.**

A randomized controlled clinical trial submitted to the American Society for Surgery of the Hand this year, demonstrates greater results with subjects who had lateral epicondylitis treated with ASTYM achieving significant improvements in pain compared to subjects with lateral epicondylitis that were treated with exercise alone.

The goal of all conventional treatments is the promotion of healing and regeneration. The use of bracing, changing the intensity of a job duty, or changing the way a job duty is performed may reduce the amount of stress placed on the elbow to allow conventional treatments to achieve results more quickly.

Tennis Elbow



ADVANTAGE THERAPY - SOUTH
2017 W. WOODLAND ST.

ADVANTAGE THERAPY - NORTH
1845 E. TURNER ST., SUITE E

- Physical Therapy
- Occupational & Hand Therapy
- Balance Program
- Extended Hours
- Certified by MO Div. of Work Comp



Applying the research in a real-world scenario

BACKGROUND INFORMATION

Patient is a 58 year-old male, working the assembly line in a production facility.

Physician's diagnosis: Unresolved lateral epicondylitis since 2013

Patient's symptoms: Limited range of motion, weakness, patient has constant 4/10 pain to the outside of the elbow.

Prior treatments: Cortisone injections, standard physical therapy.

Case Study

This patient came to Advantage Therapy after receiving unsuccessful cortisone injections and failing a course of standard physical therapy, which included general stretching and strengthening exercises. The patient reported constant 4/10 pain to the outside of the elbow that increased with activity.

At Advantage, the patient received hands-on treatment including ASTYM, Active Release Techniques, eccentric strengthening and more.

After 7 visits, the patient's pain decreased to 0-1/10. He gained 15 pounds of grip strength, equaling his strength in the non-involved side. The patient was discharged from therapy and given a home exercise program and instructions on correct ergonomics.

He returned to full duty on the assembly line.

While we know every situation and every patient is unique, if you would like similar results for your employees with work-related tennis elbow, send them to Advantage Therapy for physical therapy.

The hands-on techniques our therapists use achieve better results in a shorter period of time, reducing your company's expense.



SOUTH SPRINGFIELD

2017 W. Woodland
889-4800

NORTH SPRINGFIELD

1845 E. Turner
864-5800

MONETT

864 E. US Hwy 60
635-1185

OZARK

5528 N. Farmer Branch Rd
889-4800



2017 W. Woodland St.
Springfield, MO 65807

417-889-4800