



Chiropractic Care For Tennis Elbow

Pain in the outer part of the elbow and upper part of forearm is termed as tennis elbow. Chiropractic is a great way to take care of inflammatory pain.



Apply ice pack to reduce inflammation.



Massage the muscles to relieve stress.



Hold and squeeze a squishy ball for five seconds for grip strengthening and repeat this for some time.



Rest the wrist as much as possible.



Stretch the muscles as per chiropractor's advice for increased mobility.



Visit a professional chiropractor for treatment and rehabilitation.

www.harkerheightschiropractor.com

Corrective Chiropractic & Wellness

560 E. Central Texas Expressway,
Suite 102,
Harker Heights, TX 76548
Phone: (254) 698 - 1600

