



**SPARTAN™  
STRENGTH**

# **TENNIS ELBOW STRAP USER GUIDE**

Caution: The information contained in this guide is not intended as medical advice. Please contact a qualified physician for your specific needs and diagnosis.

# THANK YOU!



*Thank You*

Hi, It's Paul, Founder of SPARTAN TAPE.

We would like to thank you for giving us a wonderful opportunity to service you. It is our desire to keep you satisfied with our products and support. You are our inspiration in doing our very best. Thank you and remember - we value you!

We've left you a gift below... - Paul



**15% OFF ANY**  
**SPARTAN PRODUCT**  
for USA CUSTOMERS



**15OFFSPR**

One redemption per person

**15% OFF ANY**  
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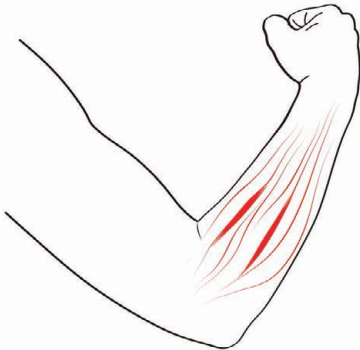
**15OFFSPR**

One redemption per person

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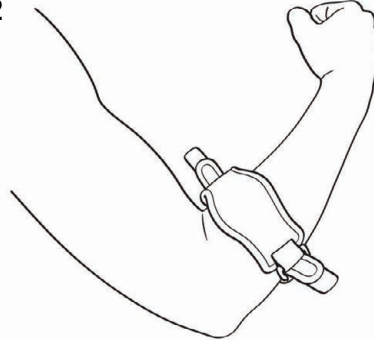
## HOW TO WEAR YOUR ELBOW BRACE WHEN YOU SUFFER FROM TENNIS ELBOW?

1



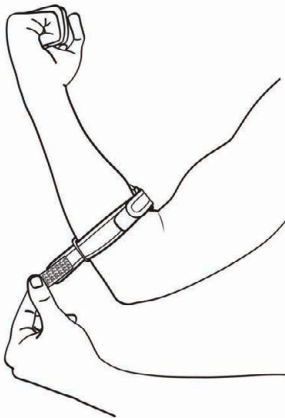
Locate the muscle on the outside of your forearm. Bend your wrist to easily locate the muscle.

2



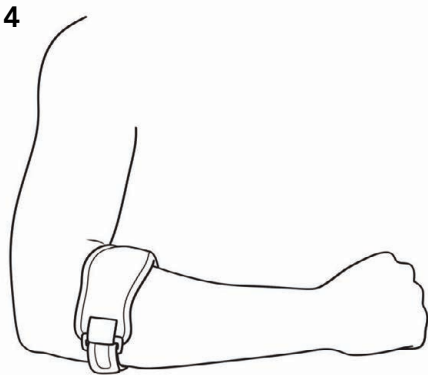
Position the brace around your forearm, with the gel pad positioned over the largest part of the muscle.

3



Tighten the Velcro straps. The band should be snug, but not too tight. You should be able to easily slide one finger between the strap and your arm.

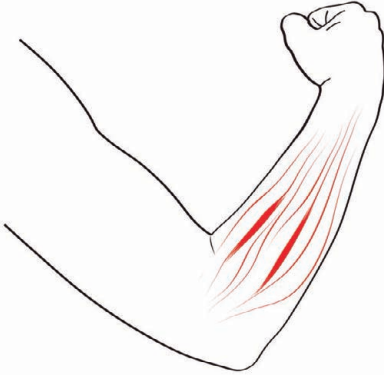
4



Done! Still need some help?  
Contact us at:  
[support@sparthos.com](mailto:support@sparthos.com)

## HOW TO WEAR YOUR ELBOW BRACE WHEN YOU SUFFER FROM GOLFER'S ELBOW?

1



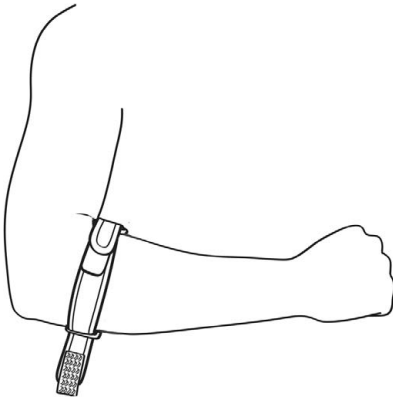
Locate the muscle on the inside of your forearm. Bend your wrist to easily locate the muscle.

2



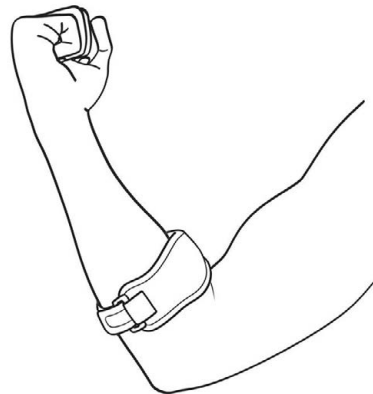
Position the brace around your forearm, with the gel pad positioned over the largest part of the muscle.

3



Tighten the Velcro straps. The band should be snug, but not too tight. You should be able to easily slide one finger between the strap and your arm.

4

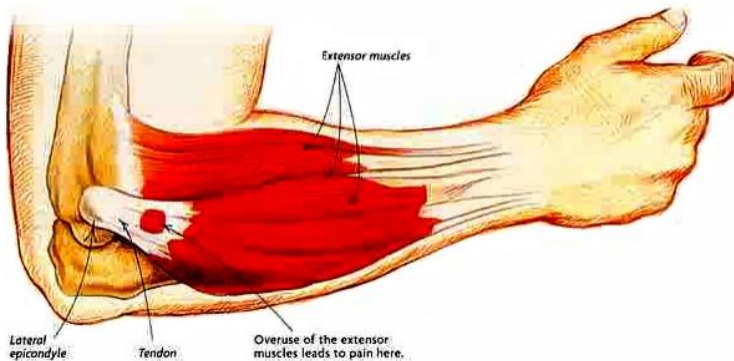


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SPARTAN STRENGTH Elbow Brace is designed to assist active individuals who have sustained typical elbow overuse injuries associated with athletics. Some of these common conditions are described below.

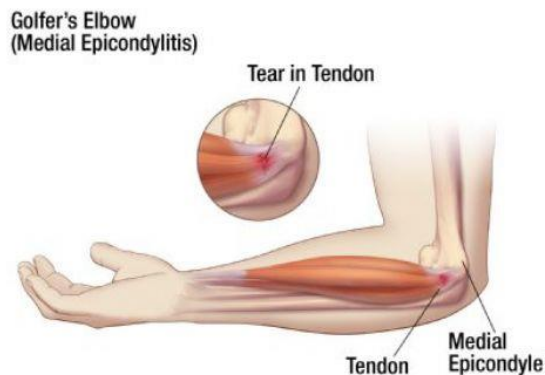
## Tennis Elbow

Tennis elbow, or lateral epicondylitis, is an overuse injury resulting from repetitive motions with the hand and forearm. This condition can cause inflammation in the muscles of the forearm. Symptoms include pain, soreness, and weakness in the muscles on the outside of the forearm.



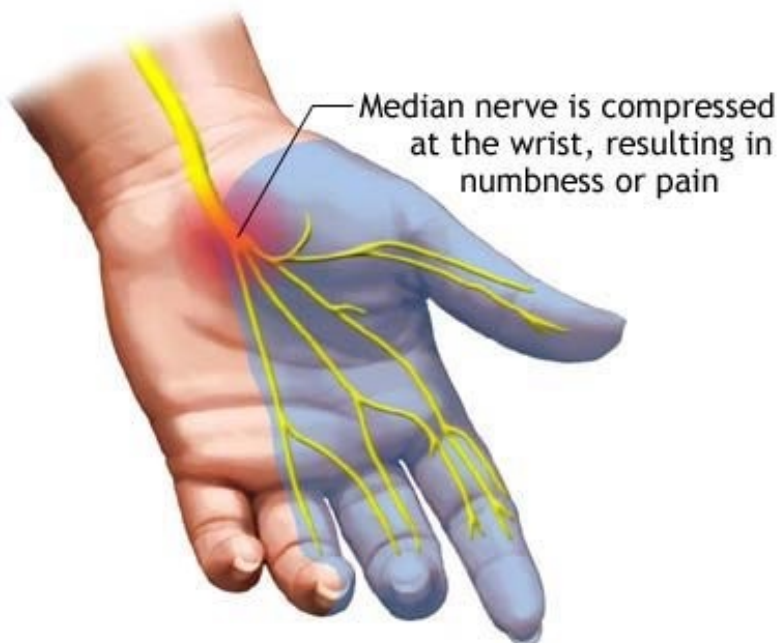
## Golfer's Elbow

Golfer's elbow, or medial epicondylitis, is a common injury among golfers and can be diagnosed and treated in a similar manner to tennis elbow.



## Carpal Tunnel Syndrome

The carpal tunnel is a small space inside your wrist, serving as a passage for the median nerve and several tendons. The job of the median nerve is to manage movement and feeling in the thumb and first three fingers. Too much pressure on the median nerve results in the numbness, tingling, and weakness of the hand called "carpal tunnel syndrome." Some people may experience pain in the arm, between the hand and elbow. The pressure on the nerve can be caused by illnesses (such as hypothyroidism, rheumatoid arthritis, or diabetes), by repetitive motion, or even by pregnancy.



## IMPORTANT

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It is important to note that most people who have to eventually undergo surgery to correct Tennis Elbow do so because they have had the condition for a long period of time and never did much about it. They took pain relievers, rested their arms and then went about their business.

In some cases, they never even obtained a proper diagnosis for Tennis Elbow. Do not let this happen to you. If you have symptoms of Tennis Elbow, get a proper diagnosis and then begin rehab as soon as possible.



# ELBOW PAIN TREATMENTS



## Stretching

One of the easiest things to try is gentle stretching of your forearm muscles. This will help to improve the flexibility in your arm and decrease any stiffness you may be experiencing. One suggested stretch is to put your arms in front of you in a prayer position and to move your arms up and down while keeping that pose. Hold the stretch for 10 seconds and repeat 10 times 3-5 times per day. You should only feel a slight pull and not feel any pain when stretching this way.



## Massage

Performing simple self-massage by applying firm pressure over the area of your arm where it is sore can be helpful in reducing the pain you feel. Use two fingers in your opposite hand to rub in a circular motion for about 5 minutes for a simple yet effective massage.



## Gentle Exercise

You don't want to completely immobilise your arm when you have tennis elbow or golfer's arm. It is recommended by experts that doing exercise that target the weakness in your forearm extensor muscles and tendons will help to make your recovery time quicker.

A gentle stretching exercise can be performed by squeezing a tennis ball, which is an easy way to target the forearm flexors and small muscles that are used for gripping. Simply grip and squeeze the ball for 3 seconds, then release.

Work your way up to holding the squeeze for as long as you can. Do this exercise for 10 squeezes, twice every other day to strengthen the tendons and muscles. This will help to stop your pain and also contribute to keeping your tennis elbow away permanently.



## Elbow Braces

The new purchase of your brace is a great pain management tool. It will help to reduce the gripping forces that cause the pain away from your damaged tendons.

The elbow brace helps to compress the pain point to provide targeted comfort, while the inner gel pad will also soothe and provide added support to the most painful areas. Not only will this will be comfortable in helping to relieve your pain, but it will also provide the support needed to promote faster healing. You should wear the brace so that it is tight, but should not cut off your hand's circulation and wear it for all activities that you do throughout the day.



## Heat / Ice and Elevation

A tried and true way of reducing pain caused by inflammation is to use either heat or ice, depending on which stage of injury you are in. When you first start to experience pain in your arm and you are still in the acute stage of injury, then ice or cold packs work best.

Apply to the pain point for 10-15 minutes a few times a day, putting a thin cloth between the ice pack and your skin. If you have been experiencing the pain for a while and would be classified as having a chronic injury, then heat may be more effective in improving blood flow to your injured muscles and tendons. You can try putting a moist hot pack, a hot water bottle or a rice heating bag that you heat in the microwave around your elbow and forearm. Apply to your elbow twice a day for 10 minutes intervals to help initiate healing.

It can also be helpful to elevate your elbow by propping it up on a cushion or pillow when you sleep or while you are icing or heating to help stop inflammation.



## Diet

It might seem like a strange treatment method, but cleaning up your diet can be effective in reducing inflammation, not just in your injured arm or elbow, but throughout your body. Reducing the amount of inflammation in your body will decrease the pain you feel and will be particularly helpful with managing the ongoing injury. A diet that is void of grains, red meat, dairy, and sugar for 30 days will really help to alleviate pain caused by excess inflammation.

You also want to have a strong and healthy immune system so that your body can repair itself faster. You want to make sure your damaged tendons have mineral rich blood that allows fast healing to take place. Vitamin C is also known to help in the repair of damaged tendons and Vitamin B6 and B3 can reduce inflammation and swelling.





## Physiotherapy

The last resort if your pain persists after trying these home therapies is to try physiotherapy. A good physiotherapy can conduct massage and ultrasound that will help to treat the point of the pain.



## Preventing Relapse

After you have been cured from the painful condition of Tennis Elbow and have received the green light to go back to your normal activities, you will want to prevent yourself from suffering a relapse. This will include both equipment modifications as well as technique modifications that may have been contributory to your Tennis Elbow. In most cases, the reason that someone gets Tennis Elbow is that they are either using the wrong equipment or they are using it wrong. If you continue with the status quo after you have recovered from Tennis Elbow, chances are that you will go back to having the same problem. Fortunately, there are ways that you can diminish your chance of ever having to endure Tennis Elbow again.

## Equipment modifications

One way that you can reduce the risk of a relapse is to modify your equipment. If for example, you are a tennis player and have suffered from this condition, you should take a look at the racquet you are using and see if you can make some modifications that will make it easier for you to swing. In some cases, people who suffer from Tennis Elbow are using heavier equipment than they need.

## Technique modifications

Even professional tennis players and golfers change their techniques from time to time. This is because of the strain that they feel by using the same muscles and tendons over and over again. Professional golfer Tiger Woods has had to modify his technique several times because of the strain on his elbow and other parts of his body.



**This E-Guide complements:  
SPARTAN STRENGTH Sports Tennis Elbow Braces.  
Exclusively available on Amazon.com.  
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