

# Tennis Elbow Common Ailment

By Herb White  
Post Staff Writer

Tennis elbow is a condition that rarely affects world-class players, but instead hits novices and mid-level performers.

"We never see tennis elbow in top players because they don't have faulty strokes," said Dr. Glenn Perry, a Charlotte sports medicine specialist. "Tennis elbow is really tendonitis that inflames the muscles surrounding the joint," Perry said. "Tennis elbow is not a form of arthritis, but is a form of soft-tissue rheumatism that causes pain around joints."

Tennis elbow sufferers experience inflammation and a resulting tenderness on the bony point on the outside of the elbow.

Because of the increase in leisure time now that spring is here, tendonitis is showing up more in people who participate in racquet sports like tennis and racquetball, Perry said.

The malady "is not limited to tennis and racquetball players," Perry said. "You can get it just from repetitive, intense lifting that causes excess strain on the extensor muscle."

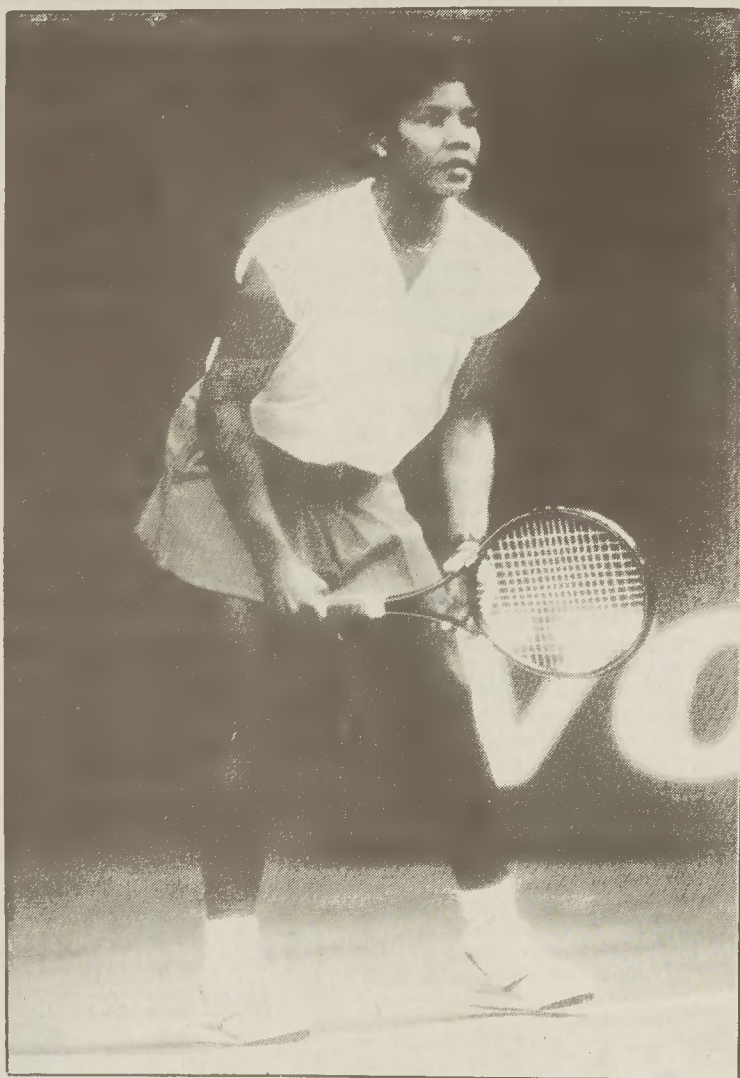
There is no single cause of tennis elbow. Athletes are vulnerable because of the way they hit the ball, the type of racquet they use and the length of time played. Others can get tennis elbow due to a lack of muscle strength.

Perry said the best prevention for tennis elbow is developing a good stroke with the racquet, which reduces spin on the ball and eases strain on the muscle.

"I would suggest that (athletes) go to a tennis or racquetball professional," he said. "Tendonitis is usually caused by improper strokes."

The tightness of a racquet's string can be a factor as well. Perry advises players to loosen strings to reduce strain on the elbow.

Tennis elbow is rarely a permanent injury, but if left untreated, it can make it hard to do something as simple as shaking hands.



World-class tennis players like Lori McNeil, above, are rarely troubled by tennis elbow. The condition is really an inflammation of the muscles near the joint, says Dr. Glenn Perry of Charlotte. The ailment is common among racquet players of average ability and training.

Surgery is sometimes required to remove scar tissue that forms around the elbow due to the stress put on the joint, Perry said.

Less radical measures can reduce inflammation, however. Reducing playing time, setting

the tension of racquets between 54 and 58 pounds and icing the elbow for 10 minutes twice a day can help, Perry said.

Extension exercises, gradual warmups before play and taking two aspirin are also effective.

## Old Dominion Amateurs Golf

The 27th Annual Old Dominion Amateur Golf Tournament will be held at the Deer Run Golf Course, Newport News, Virginia, April 22-24, 1988.

The tournament will open on Friday April 22nd with an 18 hole Florida Best Ball Tournament with over \$2,500.00 in prizes to be awarded and on Saturday and Sunday, April 23-24th, there will be a 36 hole tournament for amateurs, seniors and

ladies. There will be six flights for amateurs, three flights for seniors and one flight for ladies. There will be merchandise prizes and trophies of over \$6,000.00 to be awarded in this event which included over 300 players last year.

Ralph Elston of Hampton, Virginia, is the defending amateur champion, Robert Wendt of Mechanicsville, Virginia, is the

defending senior champion and Constance Gray of Hyattsville, Maryland, is defending ladies' champion.

The tournament is being sponsored by The Old Dominion Golf Club, Inc. For additional information contact The Old Dominion Golf Club, Inc., P.O. Box 9286, Briarfield Station, Hampton, Virginia 23670 or phone (804) 727-5503.

## Par Busters Tournament

The Par-Busters Golf Group will sponsor its annual four-ball golf tournament April 9-10 at Pawtucket Golf Club.

The 36-hole tournament will feature five flights of golfers from the first 50 teams to register.

Registration fees are \$42 each and \$84 for a team of two, which includes a green fee, closest-to-the-hole contest and social hour Saturday night from 8 p.m. to 1 a.m.

Each team will be assigned a flight after the Saturday round.

Registration ends April 6 at 11 a.m. at the Par Busters Club House at 2317 West Boulevard.

All checks should be made out to Par Busters Golf Group.

For more information, call Pawtucket Golf Course at 394-5890 or John Love Sr. at 392-1036.

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