

***Do you have RSI (repetitive Strain Injury)?  
Or are in pain and your Doctor says he “Can do nothing about it?”***

I had a new client (Sue) who came to see me complaining of “Tennis Elbow”; inflammation of the lateral part of the elbow joint, where the hand and wrist flexors are attached. Tennis elbow is a common RSI, over use, injury. Sue was in so much pain, she went to see her doctor.

Sue could not take any time out of work but did take the anti-inflammatory tablets her doctor prescribed. This did not work. Sue, following the doctor’s advice went to see a physiotherapist.

Sue told me that the physio treated her by giving ultrasound to the lateral joint of the elbow and “...a bit of a massage of the elbow and lower arm”. Sue saw her physio regularly for four months. However, as Sue’s pain did not improve much she decided to see me.

If you are experiencing pain, your body has probably been trying to compensate for a weakness or injury for some time before you become aware of the pain. Thus, it is not uncommon for people to experience pain in another part of the body than where the injury or weakness is. In the ten years that I have been a clinical massage therapist I have realised that the quickest way to help the body heal is to treat the body as a whole and especially to treat the parts of the body that directly affect the area that is in pain.

For Sue this meant that I treated her whole arm, shoulder, neck, upper back and checked the alignment of her hips. I taught Sue a muscular exercise to correct the skeletal structure of her hips and massaged her back. I showed Sue some mobility exercises for her neck and shoulders and instructed her in how to apply ice to her elbow and stretch her arm.

At Sue’s next appointment I spoke to her about the importance of not gripping things too tightly and having time for herself and time to relax and rest. As stress is a major factor in any RSI injury.

At Sue’s third appointment she said that the elbow was no longer painful. I showed Sue how to strengthen her hand and wrist flexors and how to strengthen her triceps muscle, which I believed was contributing to her injury. Sue is now recommending me to everyone she sees that is in pain and will come to me for a relaxing massage every couple of weeks.

By Fiona Maguire  
Real Energy, Whole Body Therapies.  
Tel: 07929 589923  
Email: [fiona.mag@ntlworld.com](mailto:fiona.mag@ntlworld.com)