

# *Dwight Pain & Injury Center*

160 E. Main St. Dwight, Illinois 60420 (815)584-2225 [www.DwightChiropractor.com](http://www.DwightChiropractor.com)

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**Print for Yourself & Friends!**

**(815)584-2225**

*Dr. Michael Smith DC, DACRB*

**Affordable chiropractic Care**

**Physical Therapy performed by the  
Chiropractic Rehabilitation Physician**

**Experience the Chiropractic Difference**

**Rehab, Relief, Recovery**

Chiropractic treatment of: **TENNIS ELBOW**

The elbow is like any other joint in the body that is prone to overuse and injury. One common ailment is tennis elbow, a painful condition of the outer elbow and sometimes radiates down along the forearm. Tennis elbow occurs from overuse at work or during our daily activities. It typically involves dysfunction of the elbow joint and the related elbow muscles. Manual chiropractic adjustments to the elbow joint in conjunction with physical therapy modalities, such as, ultrasound and electric muscle stimulation, often return normal function to the elbow -- relieving the pain. Home exercises can also be taught and performed to alleviate this problem. Elbow problems often respond well to expert assessment and structured care performed by an extremity chiropractic provider.

For **Help** with your **pain** and **activity limitations**, consider **DP&IC** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Call (815)584-2225 today for appointment. Visit [www.DwightChiropractor.com](http://www.DwightChiropractor.com) for more.

**Dr. Michael S. Smith DC, DACRB, CCEP, CSCS**

***Affordable, Convenient, & Prompt***