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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.

Chiropractic adjustments to the elbow joint and physical therapy stretching 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.

If you suffer from elbow pain, consider an expert chiropractic evaluation today at Chiro25,Ltd to see if we can get you the relief you deserve!

For *Help* with your *pain* and *activity limitations*, consider *Chiro25* 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.

Stop by today or visit our website at <u>www.MyChiro25.com</u> for more practice info. Michael S. Smith DC, DACRB, CCEP, CSCS

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