

ULTRA ACCESS

Physical Health Alert: Lateral Epicondylitis / Tendinitis

Tennis "Scaffolders Elbow" and how to prolong the inevitable...

Keeping this publication (like 95% of the others) - scaffolding related, "**Scaffolders Elbow**" (officially known as **Tennis Elbow** or **Lateral Epicondylitis** or plainly sometimes called **Tendinitis** for ease of explanation) is a major muscular-skeletal damage issue in the British Scaffolding Industry (among many other trades within the wider-Construction sector).

ULTRA ACCESS has first hand experience of the pain and suffering caused by this seemingly minor, yet in reality an "on-the-tools" career ending injury, and we do very unfortunately so...

Despite its name (official or our own nick-name of it), most people who get "**Scaffolders Elbow**" don't work as scaffolders (or play tennis). It can affect all kinds of people especially those who have jobs that involve repeated movements.

These could include: yes scaffolders, but also Bricklayers, Plumbers, Painters, Chippies, etc and even people who outside of Construction work; as Butchers and those who work in Pubs, etc...



Tennis "Scaffolders Elbow"

Over time, due to constant repeated using of hand tools, primarily your **scaffolding spanner** and to a lesser extent; flat spanners and ratchets, will cause these parts of your arms, (specifically where the tissue within your forearms meet your elbow bone) to become hyper-tense, strained and eventually weakened. These tissues are known as: **Tendons**.

This gradual damage to your elbow tendons / joints can cause tremendous pain which can also spread into the forearms and wrists.

In the very worst of cases this injury can also restrict the physical movement and mobility of your elbow joints completely... making scaffolding "on-the-tools" work a near impossibility.

This damage is mostly irreparable. And the only option other than a life of taking daily pain medication and deepening/spiralling depression due to the lack of movement/now disability you are suffering, as well as the constant pain and increasing weakness in those elbow joints is for surgical procedures, which do not always guarantee you will "get your arms back" to the condition there were in when you was younger, before the damage.

This damage caused, where almost unavoidable for scaffolders can however be reduced and ones career extended with daily - morning / evening routine exercises and by believe it or not, drinking plenty of water each day - up to 2+ litres during the hottest days.

The accompanying (part b / #ultacc200325b) to this publication will give an easy-to-do set of exercises to help lessen the damage caused by excessive hand tool use:

The Tennis "Scaffolders Elbow" Exercise Guide.



ULTRA ACCESS
Scaffold Technical Support

www.ultra-access.co.uk
UADIP: #ultacc200325a