

ELBOW SUPPORT

TENNIS/GOLFER'S ELBOW SUPPORT

Helps alleviate and prevent pain caused by lateral epicondylitis

Provides support and helps prevent injuries



About Tennis/Golfer's Elbow

Golfer's elbow, or medial epicondylitis, is similar to its counterpart Tennis Elbow or lateral epicondylitis. The primary differences between these conditions are the location of the pain and the activity that leads to injury. However, both conditions are a form of tendonitis caused by overuse of the muscles and tendons of the forearm, leading to inflammation and pain around the elbow joint.

Causes

The mechanism of these injuries can vary from a single violent action to, more commonly, repetitive strain injury where an action is performed repeatedly and pain gradually develops. No one is immune from these injuries, but they are aggravated when activity is increased in intensity or duration. Golf and tennis are common causes of these symptoms, but many other sport- and work-related activities can cause the same problem.

Note This is a support product only and should not be considered a remedy for any conditions. Consult your physician for treatment and advice on any medical conditions.

- Designed to support the upper forearm during many activities involving repeated hand motion, specially those requiring a strong grip, torquing of the arm, and those where impact occurs with a tennis racket, or a golf club
- Provides relief and prevention of pain related to muscle strain, tendinitis, repetitive motion, carpal tunnel syndrome, epicondylitis (tennis/golfer's elbow)
- Applies compression to the extensor muscles of forearm
- Provides excellent conformation to the arm dampening vibration and shock transmitted to the lateral tendon
- Helps to reduce tendon inflammation where muscle and tendon connect to elbow
- Use for sports like golf or tennis, during gardening or while using tool

MODEL #EL5002

Made of soft Neoprene with pressure support pad and adjustable strap with hook/loop closure.

Measure evenly around elbow joint with arm extended

Size	Elbow Circumference	
Small	9¼" - 10½"	23 - 27 cm
Medium	11" - 12¼"	28 - 31 cm
Large	12½" - 14"	31 - 35 cm
X-Large	14½" - 16½"	37 - 42 cm



Innovative Protection

www.impacto.ca

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PO Box 524, Belleville, ON K8N 5B2
E-mail: impacto@impacto.ca
Toll free N. America (888) 232-0031
Free phone UK 0800 0280 243
Tel (613) 966-0062
Fax (613) 966-0067

Distributor,

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