
Final Thoughts

All of us want to help you recover from your injury as quickly as possible. We want you to understand your injury, our treatments, the medicines we prescribe, and the steps you can take to help the healing process.

Please call us if you have any questions about any aspect of your treatment.

Patient Information

How To Get The Most From Your Forearm Strap

Your Clinic Name

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Your City, State ZIP

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Your Logo

Forearm Strap

What Is Tendonitis

Tendons are the type of tissue that attach muscles to bones. If the tendon becomes inflamed or irritated from overuse, trauma, etc., there will be pain where the tendon attaches to the bone.

Elbow tendonitis, also called epicondylitis, tennis elbow, and other names, is treated many ways.

Why Does Tendonitis Hurt

When you move the muscle (or muscles) that attach to the inflamed tendon, stress is put on the point where the tendon attaches to the bone. This pulling causes pain.

Since the muscles that move your fingers, wrist, and forearm all attach at the elbow, almost any movement of the lower arm may cause elbow pain.

The Parts Of The Strap

There are two parts to a forearm strap:

- The strap which wraps around your forearm. At least part of the strap should be elastic to allow for changes in the muscles as you move your arm.

- A small pad, air cell, or pouch full of a jelly-like substance.

How A Forearm Strap Works

The strap works by redirecting the force away from the inflamed tendon. By “binding” your forearm, the strap spreads the force around your entire forearm.

Fitting Your Forearm Strap

The strap should fit snugly, but comfortably, around your upper forearm. Place it just below your elbow, allowing for normal bending of the elbow. The strap should fit snugly, but comfortably, around your upper forearm. Place it just below your elbow, allowing for normal bending at the elbow.

The pad or pouch should be placed over the muscle that attaches to the inflamed tendon. You may have to try a number of positions before you find the one that works best for you.

Your doctor or therapist will help you fit the strap. However, you may find that minor position changes are needed to obtain maximal relief.

The strap must be snug, but not so tight that it causes pain, tingling of the fingers, or affects blood flow. The strap shouldn't interfere with movement of the elbow or forearm.

The straps are usually worn directly against the skin. Some people find it more comfortable to put the strap on over a lightweight shirt. The strap is not as effective if worn over a heavy shirt or sweater.

When To Wear The Strap

You should wear your forearm strap when doing any activity that causes you discomfort. It's not necessary to wear it at night, but you may if the elbow pain interferes with sleeping.

What If The Strap Doesn't Help

First make sure you have the strap positioned properly. The pouch or pad should be over the inflamed area.

Remember that the strap is not a treatment. All it does is lessen the discomfort. You should do your exercises and take your medicine as instructed by your doctor and therapist.