

Tennis Players...

*7 Ways
To Hit The
Ball Harder
Without
ELBOW PAIN*

By Ryan Beck, DPT

About The Author



Ryan Beck, DPT is the director of Oregon Spine and Physical Therapy. He is also a consultant for local companies and health facilities to help people live pain free and make better decisions about their health care. He has lectured at health conferences and in physician offices to patients about their muscle and joint concerns, that affect their day to day life, and even stop them from doing the things they love most.

He puts forth an extensive effort to develop his clinical staff to ensure their skills stay current and help people recover quickly. This allows physical therapy to be the smart first choice for injuries. He also has a passion for developing a love for people and instilling principles of empathy and concern for others to his staff.

Education is paramount. He is one of 400+ clinicians to complete a post graduate residency for the diagnosis of muscle and joint problems. Although striving to be one of the best physical therapists has been a pinnacle goal, it is not as important as caring for people.

More than anything, he enjoys time with his wife and two sons. Ryan and his family are usually out on their bikes, hiking, playing basketball or wrestling on the living room floor. The key to Ryan's life is in keeping his family connected with good wholesome principles coupled with plenty of valuable time spent together.

In this Special Report on actually ending Elbow Pain I share with you very powerful principles and strategies you can make work for you – some over time and others almost instantly. They're in no particular order, and they all have only one thing in common: **They all work.**

There's a great saying that goes: "small hinges swing big doors", and it's often the simplest advice that wins in the end. Truth is, without knowing your elbow pain or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your elbow pain, there are no guarantees that any one single strategy will work. But over my time as a Physical Therapist, I've been able to narrow down what really does and doesn't work when it comes to easing elbow pain, and the principles you're about to read are included in that.

What's more, this report shows you how to actually get to the root cause of your elbow pain – for no cost whatsoever, other than that of your time. And that's what most people who request this report are shocked to discover... that there IS a way to get to the ROOT CAUSE of elbow pain without needing a referral from a doctor or speaking one word to your insurance.

So here's my challenge to you... now that you have this knowledge in your hands, take time everyday to try out at least one of these 100% natural strategies. It really won't take long and most of them won't cost you anything but a few minutes of your time. I think you'll be pleasantly surprised by how much better and healthier you will feel for doing so.

Important notice: combine ALL of the "tips" in this Special Report simultaneously and you will likely see a drop in the elbow pain you are currently suffering from.

How To Start Your Recovery TODAY By Claiming A Completely FREE Diagnostic “Discovery Session” With An Elbow Pain Expert...

Step one in the recovery from ANY elbow pain is to actually get to the true, underlying root cause of that elbow pain. Without knowing what’s going wrong it’s almost impossible to stop it long term.

Getting to the “true, underlying, root cause of elbow pain” is something that a physical therapist is an expert in... and it’s a shame that some people still don’t know how easy it is to “self-refer” to a physical therapist, for help with easing elbow pain.

No Referral From A Doctor is Needed...

How easy? Well, there’s NO one to ask, NO referral needed, NO forms to sign, NO payment agreements and there’s NO obligation to go ahead with any physical therapy after an initial consultation which will reveal your “diagnosis” – i.e. what’s going wrong to cause your pain in the first place!

It’s true... you don’t even need a referral from a medical doctor, NOR do you even have to let your Insurance network know in advance, that you want to go and see a physical therapist about getting answers to your elbow pain concerns. This means you can just call up and arrange that first DISCOVERY VISIT - today if you like, and likely have answers within the next 48 hours! It’s that easy.

And at that first “no authorization needed” DISCOVERY CONSULTATION with Ryan, you can have all of your questions answered personally, and you’ll also find out what’s going wrong and what else can be done about it... to get you there faster!

What I’m offering you is called a DISCOVERY VISIT... because you get to discover all about YOU, YOUR ELBOW PAIN, “US” (the friendly staff at Oregon Spine And Physical Therapy!), AND PHYSICAL THERAPY. You’d leave your FREE Discovery Session knowing what’s causing your elbow pain and be able to make a better, more educated and more informed decision about your health!

Offering this is why we say physical therapy is a “hassle free” way of easing elbow pain - it’s financially risk free, because the first visit is 100% FREE and now you know you don’t even have to contact your insurance network OR go to see a doctor first.

Here's how you make contact with us:

To talk to Ryan about your elbow pain:

Call the clinic at:
(541) 683-5139

Email: info@oregonspinept.com

And At That First Discovery Session, Here's What We'll Promise You Will "Discover":

1. What is the underlying root cause of your pain and the real reason you're suffering?...
2. **Can physical therapy definitely help YOU? If not, WHO can!...**
3. If YES, exactly what sort of recovery program do you need?
4. How long before you will experience positive results from our suggested care plan?
5. Are there any OTHER natural healing, drug-free ways you can exploit to speed up your recovery alongside physical therapy?
6. What your recovery program will likely cost and the easy payment options you can choose from to cover it.
7. How soon you can begin gentle exercise, get back to work, or enjoy play time again with your family and on the tennis court.

Next, lets look at some ways that you might choose to ease elbow pain while you arrange that FREE Discovery visit at my physical therapy clinic...

7 Ways To Hit The Ball Harder Without Elbow Pain

Tennis elbow affects the majority of tennis players at some point in their lives.

It often becomes chronic and robs you of the enjoyment you once had to play, without restriction. Just imagine being able to leave that brace in your tennis bag or not have to tell your friends you are sitting this 'one game out.'

With a well directed plan especially designed for you, this problem doesn't have to stop you. With that said, here's your 7 ways to hit the ball harder without the curse of elbow pain...

1. Quick, Easy and Simple Stretches

Simple stretches to help ease your tennis elbow is free, safe and easy to do at anytime, anywhere!

By doing simple stretches every day you will be helping to improve flexibility and increase your strength - stretches will also help ease off any stiffness you may be experiencing.

Just like a freshly cut rose stem compared to an old, dried out twig - the rose stem bends easily without breaking, whereas the twig will snap when forced to bend.

My tip: Perform stretches 4 times a day, repeated 3 times and hold for 30 seconds.

2. Perform Strengthening Exercises

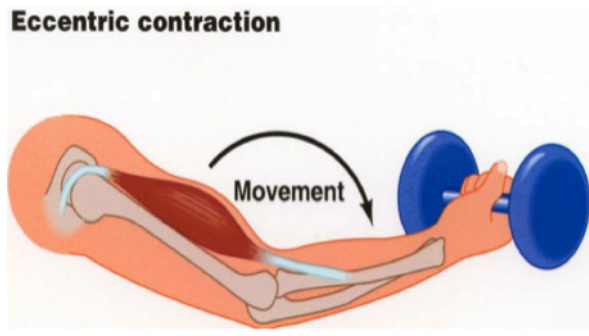
When it comes to curing tennis elbow, this is the step that most people skip and overlook. But in order to get back to playing Tennis free from pain, your elbow needs to be flexible and strong.

Simply gripping a racquet is not sufficient to strengthen the tissue. Eccentric muscle contractions are required - an eccentric muscle contraction is when the muscle is working hard but also lengthening at the same time...

Here's an example:

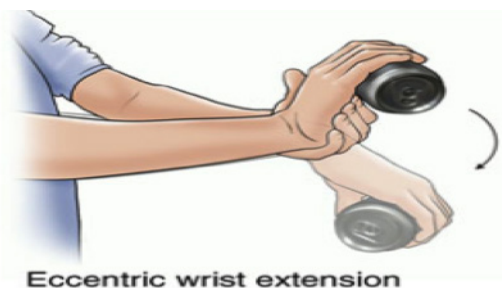
If I am holding a heavy dumbbell and slowly lowering my arm, the bicep muscle will be lengthening while contracting at the same time. You can do this for your tennis elbow as well.

(There are pictures on the next page to show you how to perform these strengthening exercises...)



This exercise using a hand weight works great.

Perform this exercise 4 x day and start with 10 repetitions working up to 25.



3. When To Use Ice...

When to use ice and when to use heat... this is a common question that most people with tennis elbow wonder about.

Use ice when your elbow pain is flared up and swollen (otherwise, use heat).

Ice helps reduce inflammation whereas heat promotes circulation of blood flow to the area and healing with chronic pain.

If you need ice, an ice massage is best. Freeze a paper cup full of water, then tear off the edges of the cup and rub the ice directly onto your elbow for 3-5 minutes or until numb. This can be repeated 3-4 x day for a few days until the pain calms down.

4. Wear A Support

A tennis elbow brace can provide the elbow support while you are playing tennis. You don't need to wear this everyday, just when you're playing tennis.

The advantages of wearing a tennis elbow strap are that they're inexpensive, easy to put on and adjust. Wearing a brace not only supports the elbow, but provides heat to the area too which helps aid with the healing process, and allows you to play a game of tennis at the same time!

5. Self Massage

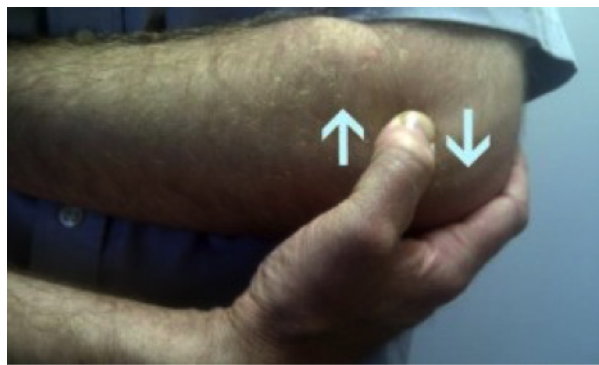
But not just any massage, I'm talking 'cross friction massage'.

What is it? This massage technique helps promote blood flow to your elbow which speeds up the healing process.

Find the most tender spot on your elbow and with short motions, move your thumb up and down over the tender area.

My tip: perform this 3-4 x per day for 3-5 minutes.

Here's a picture to show you how:



6. Don't Stop Doing What You Are Doing...

Chances are you've got elbow pain from playing tennis - but don't give it up altogether!

Simply cut back on the number of times per week you play, and the number of sets you play.

It has been proven that individuals who continue doing what caused their tennis elbow in the first place but slow it down, or cut back on the amount of time they do it, respond better to treatment than those who avoid using their arm altogether.

7. Find Out What's Wrong By Going To See A Physical Therapist - It's Free, And Real Easy!

I think the only thing that stops most people from going and seeing a physical therapist is that **they just don't realize how EASY it is.**

See, you don't even need a referral from a medical doctor, nor do you even have to let your network know in advance. Means you can just call right up and arrange that first visit - today if you like! It's that easy. And at that first "no authorization needed" session with a physical therapist, you can have all of your questions answered personally by a PT, find out what's going wrong, what can be done about it, and by who.

Then, once you know all of that; you'll be better able to decide whether or not to contact your insurance. The physical therapist you choose to see will THEN let you know if a referral to or from a doctor is needed and of any forms that need signing, too. That's why we say physical therapy is a hassle free way of easing elbow pain.

If you're at all interested in what a physical therapist can do to end your elbow pain, why don't you go and see one?

It's financially risk free (the first visit is free!) and now you know you don't even have to contact your network or go to see a doctor first.

Important: combine all of the "tips" in this Special Report with a trip to see a hands on physical therapist, and you will likely see a drop in your elbow pain and stiffness that you are currently suffering from FAST! And get back to playing on the tennis court in no time.

Conclusion

So, there you have it: 7 things that you can do TODAY to keep active, improve your mobility, and live with LESS elbow pain and worry over what's actually going wrong.

There's obviously so much you can do too, and I could go much more in-depth on ways to end Tennis Elbow than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

Throughout this report I wanted to prove to you that there ARE many things you can do to get to the ROOT CAUSE of tennis elbow, and stop it, before it stops you! AND that you don't have to accept rest, or pills, and in many cases a doctor's referral is not needed to get the help you're looking for!

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy could possibly make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Oregon Spine And Physical Therapy will become the source of leading edge health advice for you (and your family) and make a real difference to the quality and enjoyment of your life.

Dedicated to Restoring Your Health,

Ryan Beck, DPT, Dip MDT
Physical Therapist
Oregon Spine And Physical Therapy
Eugene, Oregon

Email: info@oregonspinept.com

Clinic Address:
560 Country Club Pkwy # B
Eugene, Oregon 97401

Phone:
(541) 683-5139

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our practice.

The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow PT advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the licensed physical therapists at Oregon Spine And Physical Therapy.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this Report