10 Step Tennis Elbow Symptom Checker:

+ Pain on the outer part of your elbow when your wrist is bent backwards.
+ Rotating and grasping objects such as a screwdriver or opening a jar aggravates and makes your elbow pain worse.
+ Inflammation or swelling on the outer part of your affected elbow.
+ Aching or dull pain that often radiates from your elbow into your forearm.
+ Your arm is stiff and hard to fully extend or straighten.
+ A weakening grip.
+ Your elbow is tender to the touch on the pointy protrusion just above your elbow.
+ Pain that sometimes radiates from your elbow down your forearm and into the top of your hand when squeezing or gripping an object tightly.
+ Grasping your affected hand with your unaffected and trying to bend it backwards against resistance causes elbow pain and discomfort.
+ Your elbow pain has been getting worse over time. You used to have pain every other day but now even everyday tasks are painful, such as taking out the trash, opening the fridge door or even shaking hands with someone makes your elbow pain worse.

Here's what to do next!

1. Go to...
   goto www.tenniselbowtips.com

2. Watch...
   Watch the entire free tennis elbow home treatment tutorial

3. Implement...
   Implement the 5 simple steps to cure your tennis elbow at home

4. Feel...
   Feel your tennis elbow pain get less and less each day and return to all your favorite activities and hobbies that you thought you would have to give up on.

About Us

Discover 5 Simple Steps to Eliminate Your Tennis Elbow Pain in as Little as 72 Hours and Cure It Completely Within 30 Days - Guaranteed!

Contact Us

Email: support@tenniselbowtips.com
Website: www.tenniselbowtips.com