[IMAGE]

## Give Tennis Elbow a Rest

Reference:

Smidt N, van der Windt D, Assendelft W, et al. Corticosteroid injections, physiotherapy, or a wait-and-see policy for lateral epicondylitis: A randomized controlled trial. *The Lancet* 2002:359, pp. 657-662.

To learn more about the treatment of sports injuries, go to <a href="http://www.chiroweb.com/tyh/sports.html">http://www.chiroweb.com/tyh/sports.html</a>.

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