

Treatment for tennis elbow: a surgeon's perspective

We spoke to consultant shoulder and elbow surgeon, Mr Harry Brownlow, about tennis elbow. After recently **publishing a blog about this for patients**, we wanted to share some key insights with you.

What is tennis elbow?

Tennis elbow (lateral epicondylitis), is the name given for painful irritation (not inflammation) of the tendons on the outside of the elbow (site of ECRB attachment at the common extensor origin). It is a common condition and is not necessarily linked to tennis or racket sports, although a mis-hit backhand can be a cause in tennis.

Relieving tennis elbow pain in patients

For all patients with tennis elbow, conservative treatment measures should be exhausted before referring for surgery. Tennis elbow is a self-limiting condition and 95% of patients will recover within a year. Steroid injections are no longer recommended as although there is an initial improvement in symptoms, patients are likely to suffer terrible rebound pain and be worse off than a 'wait and see' approach at 12 months.



If conservative measures fail, and the symptoms are debilitating beyond 12 months, referral for consideration of surgery is appropriate. Mr Brownlow performs an arthroscopic tennis elbow release as a day case, under general anaesthetic. The patient will need to avoid heavy lifting for 6 weeks, but are encouraged to begin full movement at the elbow immediately. The patient will not notice marked improvement in symptoms before 3 months post-operatively, and symptoms then continue to improve for up to a year. This operation is successful in about 80% of patients.

Circle Reading can help: We have an expert team of specialist surgeons and physiotherapists who can help. Call us on **0118 922 6888** or email enquiries@circlereading.co.uk for more information.



An update on NHS e-Referrals

We have made some recent changes to our specialities following visits to local GP Practices and sitting with the medical secretaries. Following hugely useful feedback we have started to increase our Named Clinician availability, amending the choice of words within 'Speciality Titles', especially around Gastroenterology and have created a new service for Diagnostic Endoscopy under the 'Diagnostic Speciality'. We are also looking into our time slot availability to ensure we are covering early mornings and evenings.

All NHS patients can be referred for treatment within the follow specialities:

- ENT
- Gastroenterology
- Diagnostic endoscopy
- Orthopaedics
- Ophthalmology
- Gynaecology
- Pain
- General surgery

To ensure Circle Reading Hospital is one of the choices available to your patients, for more information on using the e-Referral System, or if you would like to organise a visit, please contact Sharon Matschy on **0118 922 6924** or email sharon.matschy@circlereading.co.uk

British Rowing brings on board Circle Reading Hospital as Official Supplier



Dr. Ann Redgrave, members of the GB Rowing Team and Claire Gurrie, Circle Reading's Hospital Director

British Rowing has announced a new four-year partnership with Circle Reading Hospital to provide medical services and advanced rehabilitation support to British Rowing's High Performance Programme.

Under the guidance of the GB Rowing Team's Chief Medical Officer, Dr. Ann Redgrave, Circle Reading will provide a range of medical tests and services, direct referral for investigations to enable rapid diagnosis and access to state-of-the-art rehabilitation services.

Commenting on the new partnership, Dr Ann Redgrave, Chief Medical Officer to the GB Rowing Team, said: "We are delighted to be working with Circle Reading Hospital over the next four years. The services and facilities at the hospital are world-class and will provide our athletes and medical team with the level of support and care needed to help Great Britain to remain one of the leading rowing nations. I am looking forward to working closely with Circle Reading Hospital over the coming years."

[Visit our website for the full story](#)

Your GP events at Circle Reading Hospital

We have really enjoyed welcoming many of you to our events this year. Topics have included Gastroenterology and Colorectal surgery, an e-RS event with wine & chocolate tasting, along with monthly BLS training. We will be holding more events throughout the year, so we will keep you updated with more details.

The next free BLS training sessions are on **Tuesday 7th November** and **Tuesday 12th December**. The sessions run between 6.30pm – 9pm at Circle Reading and include a complimentary dinner along with a certificate upon completion of the training. If you're interested in booking a place, please just get in touch.

Please also remember that our expert consultants are more than happy to come along and present educational topics at your practice events, training improving patient services (TIPS) sessions, or CCG meetings. We recently circulated our GP educational programme with speakers and topics listed, but just let us know if you have a specific topic in mind.

We're here to help so for more information, or to speak to the team, please contact us via GPLiaison@circlereading.co.uk or call **0118 922 6985**.



An update from Abdul Aziz, Business Development & GP Liaison Lead

What are the guide prices at Circle Reading?



Our private patient team work closely with our consultants and private medical secretaries. If you would like to discuss referrals, please call us on **0118 922 0026** or email enquiries@circlereading.co.uk

After having an initial consultation, our self-pay prices include the surgeon's fee together with any hospital related charges during the course of their stay.

The quotation covers patients for 30 days after they have been discharged should they develop any complications associated with the procedure.

Here are some of our self-pay guide prices

Hip & Knee

Total Hip Replacement – From £10,500

Hip Arthroscopy – From £5,000

Total Knee Replacement – From £10,600

Partial Knee Replacement – From £8,000

Knee Arthroscopy – From £2,800

Anterior Cruciate Ligament – From £4,500

Spinal

Posterior Spinal Decompression (single level) – From £7,900

Shoulder

Arthroscopic Rotator Cuff Repair – From £5,050

Hand & Wrist

Carpal Tunnel Release (one wrist) – From £1,600

Wrist Arthroscopy – From £2,245

[For our full list of guide prices, please follow this link](#)



circlereading.co.uk



www.facebook.com/circlereading



[@circlehealth](https://twitter.com/circlehealth)