

focus on Your Health



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First community hospital in MA to earn Magnet Recognition, the highest honor for nursing excellence.



Winchester Hospital surgeon Benjamin Levine, MD

Tennis Elbow: Not Just for Tennis Players

Martin McGah of Woburn was working in construction when he developed lateral epicondylitis, a condition caused by a small tear in the tendon of the elbow. The pain eventually got so bad that he underwent surgery about two years ago.

McGah has been pain-free since the procedure and two months of physical therapy. Although the condition—also called tennis elbow—affects as many as half of those who play recreational tennis, you don't have to be a tennis buff to get it. Those at highest risk are

older than age 35, less active, or in a physically demanding job.

Benjamin Levine, MD the orthopedic surgeon with Woburn-based Excel Orthopedic Specialists who treated McGah, says tennis elbow can be so debilitating that sufferers are unable to squeeze a tube of toothpaste.

Treatment options include braces and straps, cortisone injections, physical and occupational therapy, and occasionally out-patient surgery.

The good news, according to Dr. Levine, is that 80 to 85 percent of

patients who do require surgery are eligible for an arthroscopic procedure. The advantages, he says, include less pain, smaller incisions, and a shorter recovery period compared to a traditional open surgical procedure.

"If you're in pain, don't be afraid of visiting a surgeon because the vast majority don't need surgery to feel better," adds Dr. Levine. "There are many ways we can help get you back to full strength, on and off the tennis court."

To learn more about sports medicine and other orthopedic services at Winchester Hospital, contact our Physician Referral Line at **866-WIN-HOSP**.