

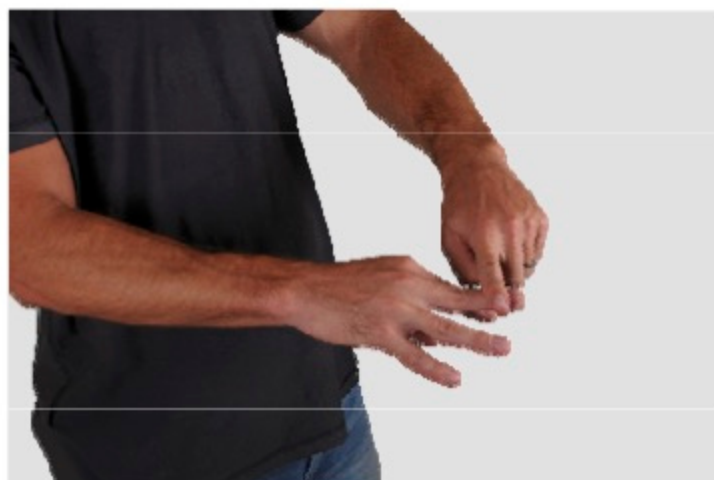
## The Groovi-Elbow

The Groovi-Elbow cuff is a Counterforce brace for the targeted application of pressure to relieve tensile loading on the tendons above the cuff, on either the outside (Tennis elbow) or inside (Golfer's elbow) of the elbow where the tendons attach to the lateral and medial epicondyles of the elbow respectively.

By applying the pressure from the Counterforce brace distal (below) the tendinopathy, the amount of Load or Force on the damaged tendon is reduced during wrist activities (e.g. shaking hands, opening a jar, playing squash etc.). In this way, the damaged tendon is allowed to rest to accelerate recovery, and reduce or prevent further microtrauma to the elbow tendon.

The Groovi-Elbow cuff is made from neoprene and has a loop-lock closure. It has a high density tear-shaped pad which is used to apply compression to either the wrist extensor or flexor muscle mass, depending on its placement.

It is recommended that use of the Groovi-Elbow cuff is in conjunction with treatment from your Physiotherapist. We advocate that you continue using the Groovi-Elbow cuff for up to 1 year post-injury for all loading activities such as golf, squash, tennis or manual labour to prevent recurrence of your tendinopathy.

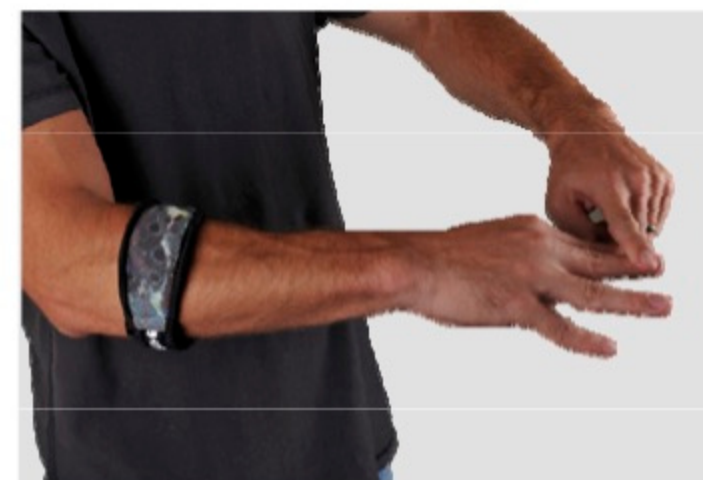


### Testing for Tennis Elbow

Resist extension (upward movement) of your middle finger and rate the pain experienced at the elbow out of 10, with 1 being the least pain, and 10 the most, and worst pain imaginable.



Tense the wrist extensor muscles by holding the wrist in extension whilst applying the Groovi-Elbow cuff. The tear-shaped pad must be placed over the bulky muscle mass, approximately 6-8 cm BELOW the lateral epicondyle (outside bone) where the tendon attaches.



Retest mid-finger extension and rate the pain experience out of 10 (described in step 1). If the pain has reduced, this shows that the Groovi-Elbow cuff will be effective in reducing tensile loading of the tendon and allow it to rest to accelerate healing.



### Testing for Golfers' Elbow

Use the Dumbledore test to determine if the Groovi-Elbow cuff will relieve symptoms & accelerate recovery. Push your middle finger into the side of the head (wrist flexion). Rate the pain out of 10, as described above.



Tense the wrist flexor muscles by holding the wrist in flexion whilst applying the Groovi-Elbow cuff. The tear-shaped pad must be placed over the bulky muscle mass, approximately 6-8 cm BELOW the medial epicondyle (inside bone) where the tendon attaches.



Retest mid-finger flexion and rate the pain experience out of 10 (described above). If the pain has reduced, this shows that the Groovi-Elbow cuff will be effective in reducing tensile loading of the flexor tendon and allow it to rest to accelerate healing.