



NEWS RELEASE
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New Exercise Effective for Tennis Elbow

Akron, Ohio – September 3, 2009 - Researchers from the Nicholas Institute of Sports Medicine and Athletic Trauma in New York City found that a novel exercise using the Thera-Band® FlexBar® is effective at reducing pain associated with chronic lateral epicondylitis -- a.k.a. tennis elbow.

“With up to three percent of the population suffering annually with tennis elbow -- a condition attributed to racket sports but can occur from simple everyday activities -- we felt this population deserved an inexpensive and at-home treatment option to in-clinic machine-assisted or injection treatments,” stated Timothy Tyler, PT, ATC, and lead author of the study.

The study involved 21 patients who had reported chronic symptoms of tennis elbow for at least six weeks, but had no prior surgical treatment for it. The patients were separated into two groups; everyone in the study received standard physical therapy (PT) for seven weeks. Additionally, the FlexBar test group performed a novel exercise, the ‘Tyler Twist.’ This exercise involved eccentric wrist extension using the Thera-Band FlexBar. Three sets of 15 repetitions were performed daily as part of a home program with intensity increased progressively through the three levels of FlexBar resistance during the treatment period.

“Compared to patients receiving standard PT treatment, those performing the FlexBar exercise along with the standard treatment had significantly greater improvements in strength and pain,” said Tyler. “We stopped the study early because we saw such a vast improvement in the FlexBar group; we didn't feel that it was ethical to keep people that weren't getting better on the standard-treatment-only protocol.”

Tyler continued, “Although this study is limited by its small sample size, its findings revealed a practical and inexpensive at-home treatment that does not require direct medical supervision and has no significant side effects. The ‘maximal’ efficacy of this new treatment would thus likely compare favorably against anything else available and could lower healthcare costs.”



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The Thera-Band® FlexBar® is a ridged-surface flexible bar designed for wrist, forearm and hand rehabilitation. Performance Health / Hygenic Corporation (www.thera-band.com) provided the FlexBars for the study, but did not fund the study.

The findings of this study were presented at the American Orthopaedic Society for Sports Medicine's Annual Meeting in Keystone, Colorado earlier this year. The complete study and abstract can be viewed at <http://info.thera-bandacademy.com/flexbarelbow>

Timothy Tyler is a physical therapist in private practice in New York City, New York. He is also a Research Associate at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital. His research interests include developing new objective measurements and evidence based rehabilitation guidelines. He has been published in several journals and texts. Tyler also serves on the Thera-Band Research Advisory Committee (TRAC).

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