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## Tennis Elbow Bringing Me Down – Astym therapy was what I needed

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The pain in my elbow was not getting any better. Actually, I was beginning to experience limited use of my whole arm. Opening door knobs, cooking, drying my hair and writing were beginning to be affected because the inflammation caused by my tennis elbow was so bad. **After the Astym therapy I began to regain use of my arm.** Then we were able to discover exactly what was causing my problem, which was the way I slept on my arm. **Astym therapy was exactly what was needed.**

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