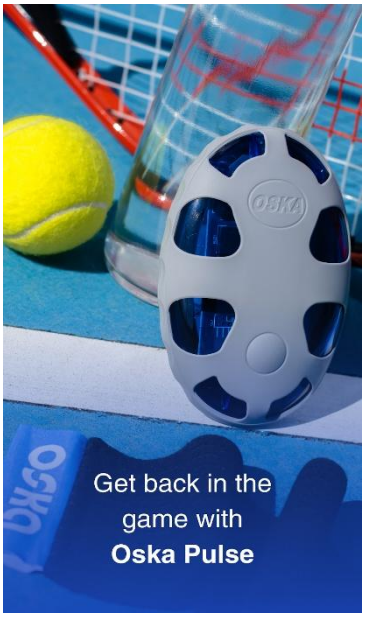
Tennis Elbow — could the Oska Pulse help?

Here's a little surprise to start with: you don't need to play a single game of tennis to develop tennis elbow! It's a very common complaint, and over the years many of our customers have had real success easing it with PEMF therapy — especially with the 3-hour version of the Oska Pulse.

> **What's the proper name?** *You may see tennis elbow referred to as "**lateral epicondylitis**." It sounds intimidating, but it simply means soreness and inflammation on the outer (lateral) side of the elbow, around the bony bump (the epicondyle) where your forearm muscles attach.*



People often ask us: **"Will the Oska Pulse help with my tennis elbow?"** Here's our friendly, honest answer.

The **Oska Pulse** is a wearable pain-relief device that uses PEMF technology to help ease pain and support healing for a range of muscle and joint conditions—including tennis elbow. Tennis elbow causes pain and inflammation on the outer side of the elbow and forearm, usually after overuse or repetitive movements. Here's how the Oska Pulse may be able to lend a hand.

> **PEMF, made simple:** *PEMF stands for Pulsed Electromagnetic Field therapy — a gentle, drug-free approach that delivers gentle, pulsing energy into the body to encourage its natural healing. You don't feel a thing while it works.*

Calming the inflammation

The **Oska Pulse** generates specially designed electromagnetic pulses that penetrate deep into sore tissue. These gentle pulses can help reduce inflammation by encouraging blood flow and delivering more oxygen and nutrients to the area that needs repairing. As inflammation subsides, the pain and swelling of tennis elbow often ease.

> **Why blood flow matters:** *Think of your blood as a delivery service — it carries oxygen and nutrients (the "building materials") to injured areas. The more freely it flows to a sore spot, the better equipped your body is to repair it.*

Easing the pain

The **Oska Pulse's** PEMF technology may also give your body's natural pain-relief system a nudge — including the release of endorphins, your body's homemade "feel-good" painkillers. That can bring welcome, temporary relief, making it more comfortable to use your arm and keep moving gently, which supports healing.

Supporting natural healing

The Oska Pulse has been shown to help speed up the body's natural healing processes. It may encourage your cells to regenerate and your tissues to repair — exactly the kind of help a tennis-elbow injury needs to get better.

Gentle, drug-free and easy to live with

One of the nicest things about the Oska Pulse is how easily it fits into your day. It's non-invasive and completely drug-free, making it a safe and reassuring option if you'd prefer to avoid medications or more involved treatments.

It's also superbly portable. You can wear it discreetly under or over your clothing and simply carry on with your normal activities while it quietly does its work — so you can use it throughout the day, whenever you need it.

A realistic, honest note

We always like to be upfront: while the Oska Pulse helps many people with tennis elbow, results vary from person to person, depending on how severe the condition is and how your body responds. It works best as part of a broader approach — alongside rest, physiotherapy, and small lifestyle tweaks that take the strain off your arm and help prevent the problem from returning.

If tennis elbow has been getting in the way, the Oska Pulse could be a gentle, drug-free companion on your road to recovery.

Warm regards,
Michael Hawker
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