

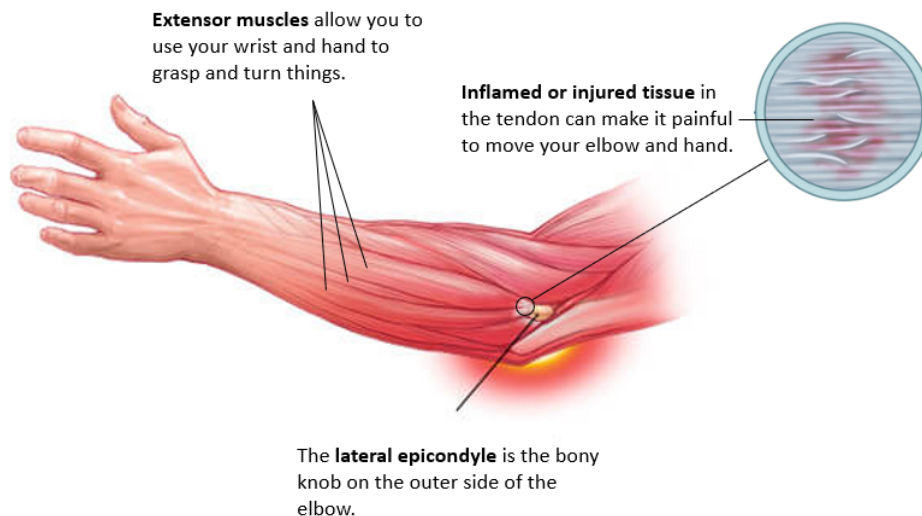
Lateral Epicondylitis

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What is it?

Tennis elbow is an inflammation around the bony knob (lateral epicondyle) on the outside of the elbow. That's why it's also called lateral epicondylitis. It occurs when the tendon that attaches muscle to the bone becomes injured or inflamed.

- **Understanding Your Elbow Problem:** The muscles that allow you to straighten your fingers and rotate your lower arm and wrist are called the extensor muscles. These muscles run from the outside of your elbow to your wrist and fingers. A cordlike fiber called a tendon attaches the extensor muscles to the bone. Overuse or an accident can cause tissue in the tendon to become inflamed or injured. Tendinopathy and degenerative tissue develop on the origin, where the muscle originates on the bone.



How is it treated?

Your treatment will depend on how inflamed your tendon is. The goal is to relieve your symptoms and help you regain full use of your arm.

- **Rest and Medication:** Wearing an elbow or wrist splint lets the inflamed tendon rest so it may heal. Using your other hand or changing your grip also helps take stress off the tendon. Oral anti-inflammatory medications and heat or ice can relieve pain and reduce swelling.
- **Exercise and Therapy:** Exercises can help to gently stretch and then strengthen the muscles around your elbow. Your doctor may give you an exercise program or refer you to a therapist.
- **Injections:** Your doctor may give you an injection of an anti-inflammatory medication, such as cortisone, to help reduce swelling. You may have more pain at first, but in a few days your elbow should feel better.
- **Surgery:** If your symptoms persist for a long time, or are not relieved with treatment, your doctor may discuss surgery.
- **Preventing a Flare-Up:** To prevent a flare-up after treatment, you may need to change the way you do some things. Gripping with the palm up, lifting heavy objects with both hands, or varying activities throughout the day will help reduce stress on the tendon. When you play racket sports or golf, be sure to condition your muscles. DO warm-up, cool down, and stretching exercises, and use the correct body mechanics.

Exercises For Lateral Epicondylitis

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Wrist Extensor Stretches

- With the affected elbow straight, make a gentle fist with the wrist in a flexed position
- Hold for 10 seconds
- Repeat every hour throughout the day; 2-3 times a day



Wrist Extension Isometric Strength

- Do the above stretches first. Then, make a fist and slightly extend the wrist. Wrap your other hand around the fist to apply counter pressure.
- Try to move your wrist into extension, but don't allow it to move
- Do 5 repetitions, Hold for 5 seconds, 2-3 times a day
- Finish with stretching again

