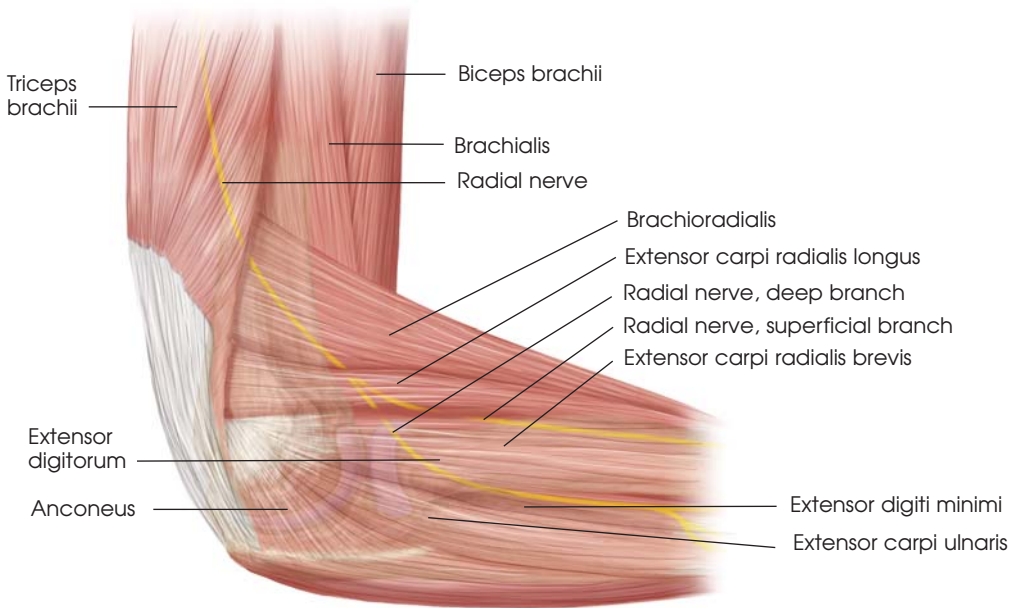
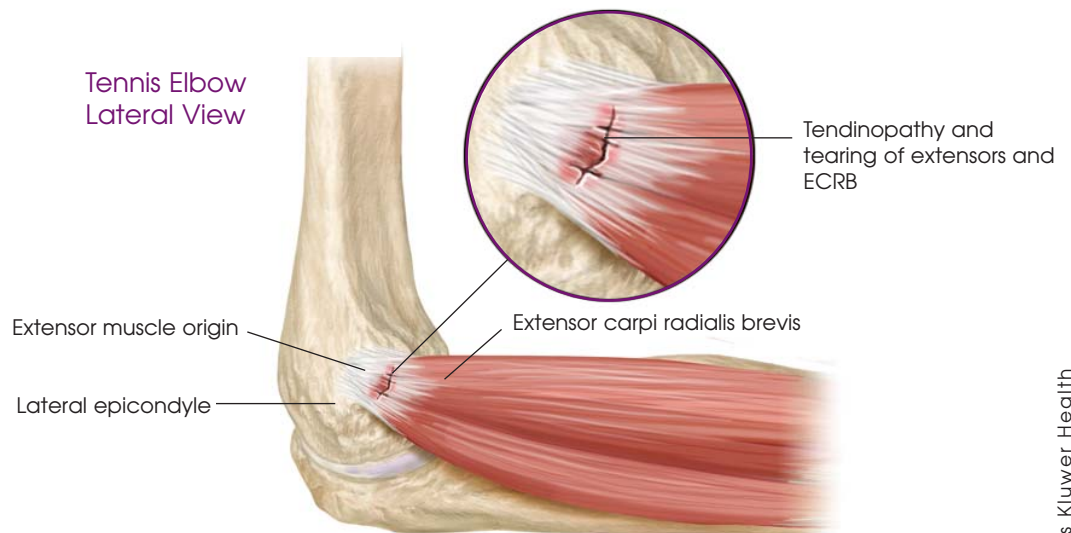


Tennis Elbow (Lateral Epicondylitis)

Normal Elbow Anatomy, Lateral View



Tennis Elbow Lateral View



Lateral Epicondylitis, or “Tennis Elbow” occurs when the tendons that attach to the bony prominence on the outside of the elbow (lateral epicondyle) are overused and degenerate. Symptoms include pain/tenderness on the outside of the elbow and pain that occurs when making a fist, lifting a heavy object or when straightening/raising the wrist or hand. Tennis elbow results from activities that require repetitive use of the forearm, such as racquet sports or other tasks such as raking or using hand tools.

Common Treatment Options

- Ice the area for 20-30 minutes every 3-4 hours for 2-3 days or until the pain goes away.
- Take anti-inflammatory medications such as ibuprofen or naproxen.
- Do stretching exercises as prescribed by your doctor.
- Modify activities that cause the symptoms.
- Wear tennis elbow straps available at most drug stores.
- A steroid shot may be recommended.
- Surgery may be used in resistant cases.

