

FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



LATERAL EPICONDYLITIS (TENNIS ELBOW)

Tennis elbow, also known as lateral epicondylitis, lateral tendinosis, or lateral epicondylitis, is a condition that involves tendons located around the outside of the elbow. These tendons, which anchor muscle to bone, work to extend the wrist or fingers. Over time these tendons degenerate, weakening the attachment site and placing a strain on the muscles.

CAUSES

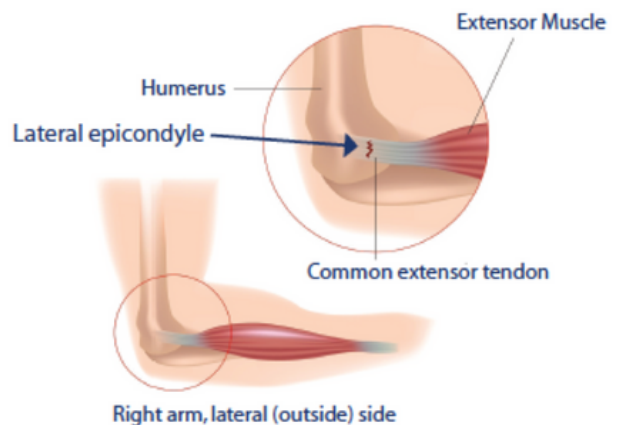
Many patients diagnosed with tennis elbow have never played tennis at all! Any activity, such as gripping or repeated grasping, can strain the tendon attachment to the lateral epicondyle. The most common age group is between 30-60 years old, although it can occur in younger and older patients.

SYMPTOMS

Patients complain of pain around their elbow, usually on the bony point just above the outside of the elbow called the lateral epicondyle. The area may be tender to touch. Patients may report weakness and an inability to perform their normal activities of daily living, such as lifting a cup of coffee.

TREATMENT

Your doctor and hand therapist will often work together to assist in the recovery of tennis elbow. This may include a combination of anti-inflammatory medications and/or steroid injections in conjunction with splinting and exercises. Surgery may be considered if the pain is severe, and/or symptoms have been present for six months or longer.



HOW CAN WE HELP?

Our aim to help you return to normal work, home and sports activities. We will assist in identifying what activities might aggravate symptoms, and discuss activity modifications. A custom-fabricated brace or orthosis for the wrist might be recommended to rest the area. Various treatments can be utilized, such as heat, ice, ultrasound, massage or electrical stimulation. Stretching and strengthening exercises, particularly eccentric exercises will be prescribed once pain has settled. Following any surgery for tennis elbow, therapy is important to regain motion and strength.