

## TENNIS ELBOW/ LATERAL EPICONDYLITIS

**Lateral epicondylitis**, or **Tennis Elbow** is a very common overuse injury of the elbow. Tennis elbow is inflammation or, in some cases, micro-tearing of the tendons that join the forearm muscles to the outside of the elbow. This is caused by repetitive contractile loads chronically stressing the tendon. **Common problematic activities** include computer use, heavy lifting, forceful forearm rotation and repetitive gripping or vibration.



This chronic condition is commonly seen in **sports** such as tennis and golf. **Careers** that involve repetitive arm movements such as electricians, carpenters, gardeners, and desk jobs also commonly present with tennis elbow.

Over time, the forearm muscles and tendons become damaged from repeating the same motions. This leads to **pain and tenderness around the elbow**, even with common daily tasks.

## SIGNS & SYMPTOMS

Signs and symptoms often develop gradually. The pain begins as mild and worsens over weeks or even months. Common signs and symptoms include:

- **pain** on the outside of the elbow which may radiate down the forearm
- **tight** forearm muscles
- pain shortly **after performing aggravating activities**
- **pain on palpating** the outside of the elbow
- **weakness** in the forearm muscles and reduced grip strength
- night pain

## RECOVERY PROCESS

Management aims to **relieve pain and control inflammation**. Everyone's recovery is different and is effected by many factors including **age, severity, acute inflammation vs chronic degeneration, activity levels, genetics and other medical conditions**.

Approximately 95% of people with tennis elbow get better with nonsurgical treatments. However, it may take six to 18 months for symptoms to fully resolve.

## RECOMMENDED TREATMENT

Progressive resistance training, guided by your physiotherapist

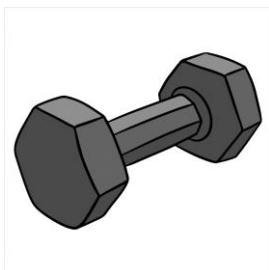
Wrist extensor stretches (30 seconds hold x3, x3/ day)

Off-loading strap/ brace/ taping

Soft tissue mobilisation and anti-inflammatory modalities

Cryotherapy: ice to manage pain and inflammation

Education and ergonomics: modification of activities to reduce damaging stresses and minimise the chance of recurrence



If you should have any questions regarding this or any other similar injuries, please contact us on 9585 8392 or [oatleyphysiotherapy@bigpond.com](mailto:oatleyphysiotherapy@bigpond.com).

If you would like to go onto our electronic mailing list to periodically receive further fact sheets, please let us know.



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