

Title: Tennis Elbow.

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Abstract:

Tennis Elbow is a painful condition of the arm often caused by recurrent use for work or recreation. Based on the history and physical exam, a physician can make a diagnosis without use of imaging or tests. Treatment is important to prevent worsened pain and weakness. Options for therapy include rest and ice, braces, over-the-counter pain medication, stretching and strengthening exercises, and joint injections with steroids.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Further Information

Further recommendations for appropriate rehabilitation can be found at:

http://www.fairview.org/healthlibrary/content/sma_tennisel_rex.htm

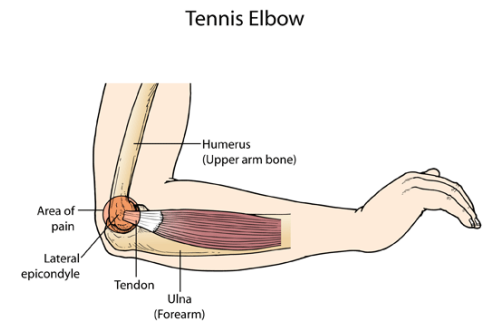
Puede encontrar informacion en espanol de codo de tenista por:

http://www.fairview.org/healthlibrary/content/sma_tennisel_spa.htm

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Tennis Elbow



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Patient Information

Lateral Epicondylitis (Tennis Elbow)

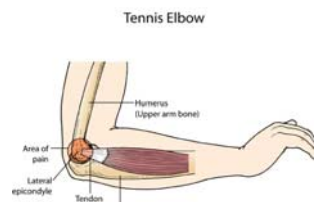
Definition: Tennis elbow is a condition where the area outside of the elbow joint is swollen and painful. This area is where the upper and lower arms are connected by tendons.

Cause: This condition is most commonly caused from overuse. The term tennis elbow is given to this condition, as movements similar to a tennis backhand stroke place tension on the lateral tendons in the elbow. Repetitive movements can sometimes lead to tennis elbow.

Symptoms:

- pain on the outside of the elbow, which may radiate above or below the elbow
- pain with straightening or raising the affected arm
- pain when rotating arm, as if to open a door handle

Diagnosis: Tennis elbow is diagnosed by your provider, based on your symptoms and the clinical examination. Tests are not required to make the diagnosis.



Tennis Elbow

http://www.fairview.org/healthlibrary/content/aha_tennisel_art.htm

Prognosis: Recovery time will vary based on many factors including the degree of injury, patient's age, nutrition, health, and the modality of treatment. A severe injury may take well-beyond 6 weeks to recover, and this tennis elbow is prone to repeat injury.

Treatment:

-Initial treatment begins with ice applied to the lateral side of the elbow for 20 minutes every 2-3 hours for the first few days, as well as rest from racquet sports. A brace may also be useful.

-Your provider may recommend either conservative therapy with oral pain medicine, physical therapy, or joint injection with steroid therapy.