

Title: Lateral Epicondylitis & Home exercises treatment

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Abstract: Lateral Epicondylitis or tennis elbow is a common injury among athletes (ie tennis players, golfers) and workers with occupational overuse. Patients usually complain of pain on the outer-part of the elbow with flexion of the hand at the wrist. While there are many therapies for pain relief used by providers, this pamphlet will teach patients effective at home exercises to perform for treatment.

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.

## Are there other alternatives treatments?

There are a variety of other treatments, both non-surgical and surgical that are frequently used by practioners. Below a few are listed:

- Bracing over the forearm
- Local steroid injections
- Extracorporeal shock wave therapy
- Surgery (only suggested if symptoms persist or worsen beyon 6-12 months)



As always, consult with your regular medical provider before beginning any new therapy or medication.

### **For more information visit:**

American Academy of Orthopaedic Surgeons:

[www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org)

The Merck Manuals:

[www.merck.com](http://www.merck.com)



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## Lateral Epicondylitis “Tennis Elbow”

### ***Home exercise treatment***



**University of Minnesota  
Family Medicine Clerkship  
Patient Education Tool**

## What is 'lateral epicondylitis', anyway?

Lateral epicondylitis aka "Tennis Elbow" is a condition characterized by pain mainly on the outside of the elbow due to overuse of arm and forearm muscles. The muscle and tendon around the elbow come together and attach at a bony point called the lateral epicondyl. This area can become inflamed & painful due to an injury either abruptly or overtime. The most common symptoms are:

- Progressive pain over the outer elbow, can extend to mid-forearm
- Pain after shaking hands or squeezing an object with the hand
- Pain with flexing the wrist, ie, swinging a tennis racket or golf club, opening a jar, handling utensils



## How do I treat my pain?

Initial treatment to stop the inflammation of the injury may include rest, ice and NSAIDs (ie ibuprofen). However, longer lasting treatment includes physical therapy that may be done at home.

### Home exercises to learn:

#### 1. Wrist extensor stretch:

Hold out and bend affected wrist down with opposite hand until you feel a stretch. Hold for 30 seconds. Repeat twice a day three times. Rest for 30 seconds between each stretch.



#### 2. Wrist and finger flexor stretch:

Hold out and bend wrist up with opposite hand until you feel a stretch. Hold for 30 seconds. Repeat trice a day three times. Rest for 30 seconds between each stretch.



#### 3. Wrist extensor strengthening

Sit/stand with wrist of affected arm extended & hanging off edge of surface. Hold loose end of the elastic tubing with other hand to apply resistance and curl wrist slowly upward as shown (may also be done using a hand weight). Holding for 1 second, slowly lower wrist. Do 3 sets of 10 repetitions, twice a day & rest for 30 seconds after each set.

#### 4. Wrist flexor strengthening

Do the same as described above, only turn your arm over so your palm is facing up.



Tip: increase your resistance or weights slowly overtime for better results!