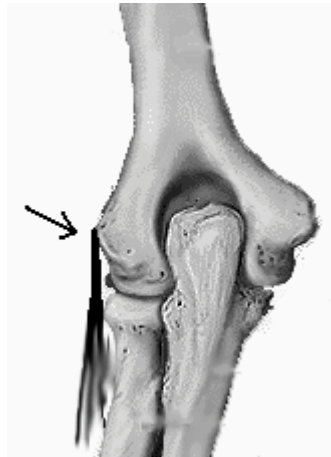


## Tennis Elbow

Patients with tennis elbow (lateral epicondylitis) complain of pain either along the outer aspect of the elbow that worsens with gripping or wrist motions. The pain can travel into the forearm and occasionally to the hand. Simple maneuvers such as twisting a doorknob or lifting a cup of coffee cause severe elbow pain. Weakness can develop in addition to the chronic pain. This condition is commonly seen in tennis players, therefore it is called tennis elbow.

Tennis elbow is caused by inflammation of the tendons attached to the side of the elbow. Since muscles that move the wrist and fingers are attached to the tendons, the use of the hand and wrist will increase the pain.

Epicondylitis can occur due to a variety of activities, where the tendons are "overused" in repetitive, wrist and forearm motion. A similar condition can develop on the inner aspect of the elbow (medial epicondylitis). Since, this condition is common in golfers; it is called "golfers elbow."



### Treatments for Tennis Elbow

The majority of cases of tennis elbow can be treated without surgery. Mild conditions are treated with rest from vigorous activity, ice, anti-inflammatory medication (such as Motrin or Advil), stretching, and strengthening therapy. In addition, a cortisone injection may help relieve inflammation and pain. If symptoms continue and interfere with daily activities such as work, recreation and sleep, then surgery may be needed.

The surgery requires a small incision at the elbow. The area of the tendon involved with the chronic inflammation is removed and the normal adjacent tendon is then reattached to its normal site on the bone.

This is a simple procedure done on an outpatient basis (without an overnight stay in the hospital.)