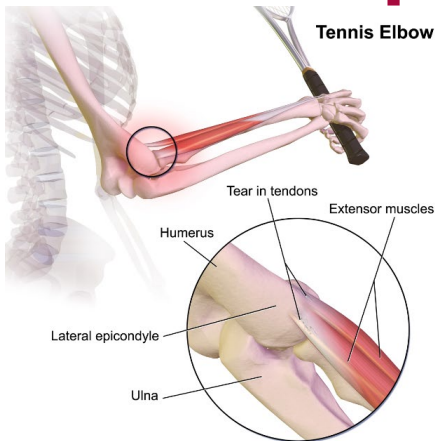


# Lateral Epicondylitis



## Also known as “Tennis Elbow”

Lateral epicondylitis is an overuse injury of the muscles that extend the fingers and wrist (i.e. what your wrist and fingers look like when you make a “stop” sign). It can also be the result of trauma to the area or degeneration of the tendons involved. The most common muscles involved are the extensor carpi radialis brevis and the extensor carpi radialis longus. These muscles and the other muscles on the same side of the forearm all convene at a common extensor tendon at your lateral epicondyle. The term “-itis” means inflammation.

## Recommendations

Understanding your injury and how to modify your activities – changing how you perform daily activities – is key to successfully managing lateral epicondylitis. Doing one of the following is not enough, this injury pervades all of your daily activities.

For some, wearing a wrist orthosis can help because it prevents your wrist from extending during activity. You may also consider wearing this at night to sleep. Wearing the orthosis at night will promote healing of the inflamed tendons by holding your wrist in neutral. Others also find some pain relief during activity when wearing a forearm strap.

Perform forearm stretches consistently and throughout the day.

Icing the elbow for 10 minutes as needed throughout the day can help decrease inflammation.

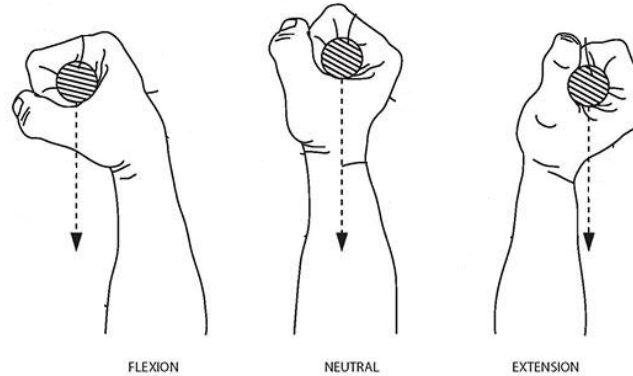
## Find wrist neutral and make it a habit

Apply wrist neutral positioning to all possible daily activities such as carrying grocery bags, typing/mousing, pulling/pulling carts, tool use, driving, etc. Some activities may not be able to be modified but your goal is so significantly cut down on straining your wrist and forearm. Avoid hard grasp, which will strain the tendons.

## Keep things close to your body

Performing activities an arm's length away will put more stress on your elbow.

For example during lift, carry, release of a grocery bag or box: get close to the item to lift it, carry it close to body, and get close to where you will release/place it. Other examples: get close to the wall to unplug a cord, move your seat forward in your cart to drive with elbows closer to your sides.



Adhering to this program for 6-8 weeks should decrease symptoms significantly. Once symptoms are managed, you will likely be able to return to previous activities while keeping wrist neutral principles wherever applicable and continuing forearm stretches.