

# Tennis Elbow

## Lateral Epicondylitis

### Signs and Symptoms

- There is generally no known mechanism of injury for lateral epicondylitis
- Symptoms develop gradually and include:
  - Burning and aching pain over the outside of the elbow
  - Pain with gripping or lifting objects with palm down
  - Pain with using your muscles to bend the wrist backwards
- Pain may also be present with activities like turning a screw driver or playing racquet sports

### When to See a Doctor

You should follow up with your doctor if you have been completing exercises for lateral epicondylitis for 3 weeks and your symptoms have not improved. Young athletes should see their doctor about the pain before beginning a self-guided exercise program, as elbow pain in young athletes may be indicative of a more serious problem.

### Treatment

Wrist Extensor Stretching – 30 second hold x 3 reps

- With palm down, gently pull wrist and fingers toward forearm



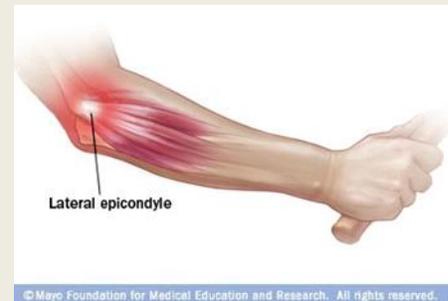
Wrist Extensor Strengthening – 3 x 10 reps with 2-3 pound weight

- Extend wrist, SLOWLY return to starting position



### What is Lateral Epicondylitis?

Lateral epicondylitis is an inflammation of the muscles and tendons that attach at the outside of the elbow. These muscles are known as the wrist extensors. In people with weak arm muscles (shoulder and elbow) the wrist extensors can be over used and become painful. Lateral epicondylitis is also known as Tennis Elbow.



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