

Tennis Elbow (Lateral Epicondylitis)

What is it?

A common repetitive stress injury. Caused by the overuse of either the supinator or extensor muscles, rotating the forearm and palm into an upwards position, or lifting the wrist away from the palm respectively.

What causes it?

Overuse or direct injury to the muscles in the forearm, attached to the elbow. Health conditions like arthritis, rheumatism or gout.

Symptoms

Pain and inflammation in outer part of elbow. Loss of strength.

Top Tips

Rest and ice as soon as possible. Seek medical advice about prescription anti-inflammatories if pain is moderate to severe.

How to Treat it

RICER for 48-72 hours following injury. Anti-inflammatories and painkillers.



Rehab

Supports or braces. Avoidance of or adaptive behaviours when carrying out the activities that caused stress on elbow joint. Gentle flexibility and strengthening exercises.

Definitions

Supinator muscles – group of muscles in the forearm, attaching to the elbow. Turns the palm upwards

Extensor muscles – group of muscles in the forearm which extend your wrist and fingers

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Elbow Strain
- Triceps Brachii Tendon Rupture
- Golfer's Elbow (Medial Epicondylitis)
- Thrower's Elbow
- Elbow Bursitis (Olecranon Bursitis)

Get Help Now

Products

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