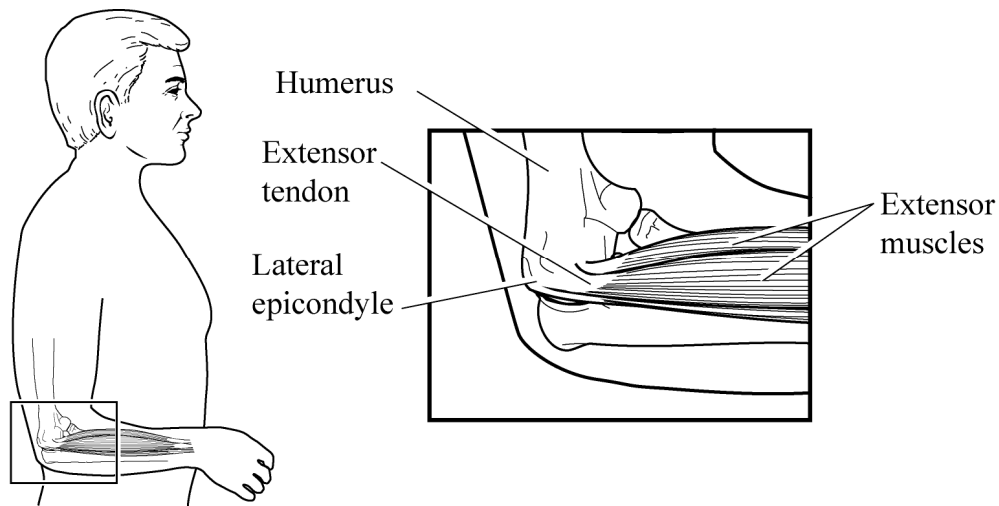


Tennis Elbow

Tennis elbow causes pain on the outside of the elbow where the tendon attaches to the upper bone of the arm called the **humerus**. This tendon is called the **extensor tendon**. It attaches at a place on the bone called the **lateral epicondyle**. The tendon holds the **extensor muscles** that help to move and control your wrist.



With tennis elbow, also called lateral epicondylitis, the tendon starts to detach from the bone and is strained as the wrist is used. Small tears can occur in the tendon. Pain happens when you lift, grip or grasp with the wrist.

This condition can occur with:

- Tennis and other racquet sports where the grip is too large, putting strain on the muscle and tendon
- Repeated grip or grasp motions, such as painting, weaving, using a computer mouse or cutting tools
- Injury to the tendon

More on next page →

Learn more about your health care.

Signs

- Pain is the most common sign. The pain is often felt at the outside of the elbow but it may extend down into the hand. Any activity that puts stress on the muscle like lifting or gripping can cause the pain.
- Tenderness with touch to the outside of the elbow is another sign.

Treatment

At first, treatment may include limiting the activity that causes the pain. Changing grips or how you do an activity may ease the problem. Other treatment may include:

- Medicines to ease pain or swelling of the tendon
- Use of a brace or band worn on the lower arm, just below the elbow during activities or during sleep
- Exercises to stretch and strengthen the muscles of the arm
- Ultrasound, heat or cold therapy
- Corticosteroid injection into the joint to ease pain

If these treatments are not successful and pain lasts longer than 6 months, surgery may be done to remove the weak tendon tissue. Recovery after surgery will include occupational therapy to improve motion and strength. It often takes 4 to 6 months to recover after the surgery.

❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**