



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

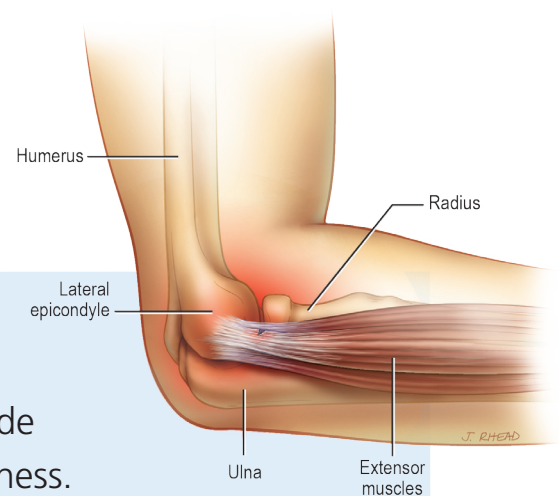
LATERAL EPICONDYLITIS

Lateral epicondylitis or “tennis elbow” is a condition which causes pain over the lateral or outside part of the elbow. The pain is usually worse with lifting or gripping an object by using the elbow and wrist.

FACTORS THAT CONTRIBUTE TO INJURY

This injury is usually a result of overuse, but may also occur from a specific strain or a contusion to the outside of the elbow, improper warm-up, inflexibility, or weakness.

The most common cause is overuse of the muscles which extend the wrist (and pull the hand backwards). All of the wrist extensors attach to the outside of the elbow. If these muscles are strained or overused, they become inflamed and swollen. This inflammation is why it is painful to lift objects with the wrist or elbow.



SIGNS AND SYMPTOMS

- Tenderness and pain over the outside of the elbow
- Pain with movement of the elbow and wrist
- Difficulty lifting objects
- May have an enlarged bump over outside of elbow



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- RICE (see RICE handout)
- Stretching of wrist extensors
- Active range of motion
- Gentle strengthening of wrist extensors (when pain-free)
- May benefit from an anti-inflammatory medication

Wrist extensor stretching



- Hold position for 10 seconds
- Repeat 3-5 times
- Do twice a day

Wrist extensor strengthening



- Lift hand up and down
- Repeat 20-30 times
- Do once a day