

LATERAL EPICONDYLITIS: TENNIS ELBOW

A Condition That Most Commonly Affects People Between the Ages Of 30 and 50

Ignoring Lateral Epicondylitis Can Result in Long Term Chronic Pain

People affected by Lateral Epicondylitis are not necessarily all athletes. As people get older and engage in more physical activities, their bodies are exposed to more wear and tear, leaving them susceptible to developing Lateral Epicondylitis.

This guide is intended to help inform patients on the definition of, causes and signs and symptoms of Lateral Epicondylitis.

01 | What is Lateral Epicondylitis?

Lateral Epicondylitis, otherwise known as Tennis Elbow, is a condition categorized as a form of tendinitis that causes inflammation, discomfort or mild to severe pain. The condition is not limited in effecting a person's elbow. Actually, the overall arm can be at risk of developing Lateral Epicondylitis by excessively using the tendons and muscles in the forearm while controlling fingers, wrists, elbows and shoulders.

02 | What Causes Lateral Epicondylitis?

Lateral Epicondylitis does not only occur while playing tennis; the condition can occur when the arm, wrist and/or elbow has been overused and frequently engaged in strenuous repetitive activities that require the consistent use of the muscles located in the forearm. The activities can include:

- Racquetball
- Fencing
- Weight lifting
- Typing
- Painting
- Raking
- Knitting
- Carpentry

03 | Signs and Symptoms

Individuals seeking consultation from their medical provider due to discomfort or pain specifically in the elbow area are most commonly diagnosed with Lateral Epicondylitis. Signs or symptoms that gradually developing over time include:

- Mild to severe pain
- Tender muscles inside and outside the elbow area
- Mild to severe pain in the arm
- Burning on the outside of the elbow area
- Weak grip

These symptoms can worsen by engaging in the following:

- Shaking someone's hand
- Turning a wrench
- Opening a door
- Raising your hand

Lateral Epicondylitis is a treatable condition. Be sure to consult with your medical provider to ensure you maintain a healthy and pain-free lifestyle.

For additional resources and information on Lateral Epicondylitis, visit:

<http://orthoinfo.aaos.org/topic.cfm?topic=a00068>

*Did You Know?
Less than 5% of Tennis
Elbow is related to playing*

References

https://www.ccohs.ca/oshanswers/diseases/tennis_elbow.html

<http://www.webmd.com/osteoarthritis/guide/tennis-elbow>