

LATERAL EPICONDYLITIS

The information in this document is provided to inform you about Lateral Epicondylitis.

What is Lateral Epicondylitis?

Lateral Epicondylitis is a painful condition of the elbow caused by overuse. Several sports and activities can put you at risk. Lateral Epicondylitis is an inflammation of the tendons that join the forearm muscles on the outside of the elbow. The forearm muscles and tendons become damaged from overuse - repeating the same motions again and again. This leads to pain and tenderness on the outside of the elbow.



Risk Factors have been identified, these include:

- All ages but it is most common in adults between the ages of 30 and 50
- Occupations such as plumbers, painters, carpenters, butchers and cooks
- Certain sports such as racket sports

What are the symptoms of Lateral Epicondylitis?

The pain associated with Lateral Epicondylitis may radiate from the outside of your elbow into your forearm and wrist. Pain and weakness may make it difficult to:

- Shake hands or grip an object
- Turn a doorknob
- Hold a coffee cup
- Complete your professional tasks or sports

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Your Physiotherapy treatment will aim to:

- Reduce elbow pain
- Facilitate tissue repair
- Restore normal joint range of motion and function
- Restore normal muscle length, strength and movement patterns
- Normalise your upper limb neurodynamics
- Normalise cervical joint function

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