

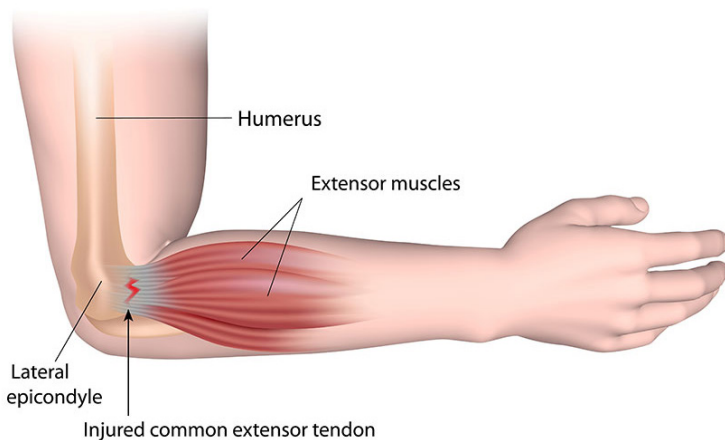
# TENNIS ELBOW

## What Causes Tennis Elbow?

Tennis elbow develops when tendons from muscles that extend the wrist and attach to the outside of the elbow become inflamed. The condition is usually the result of overuse of these wrist extension muscles, such as when performing a tennis backhand. Tennis elbow may develop without any specific activity or injury.

## Symptoms

Pain on the outside part of the elbow is the main symptom. It may begin slowly and increase over time. Pressure on the outside of the elbow, gripping with the hand, or lifting objects with the palm down, can accentuate the pain. Pain and numbness can radiate down the forearm or up to the shoulder.



inflammation. Applying ice to the affected area when it is painful can be beneficial. In addition, stretching the forearm muscles regularly and using a topical anti-inflammatory can help relieve pain. Wearing a splint may be suggested in certain instances.

## Surgery

Occasionally, patients who continue to have significant symptoms may consider surgery. The surgical procedure can be done on an outpatient basis. The procedure involves making an incision over the outside of the elbow and opening the tendon sheath to relieve pressure. A splint is applied for two weeks, at which point sutures are removed and exercise to restore elbow range of motion begins. Most patients quickly return to full activity shortly after surgery.

## Treatment

Relief from symptoms of tennis elbow may be achieved by stopping the activity that is irritating the tendons, such as avoiding lifting objects with the palm down or gripping forcefully with the elbow extended. Taking Advil may help reduce pain and

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