

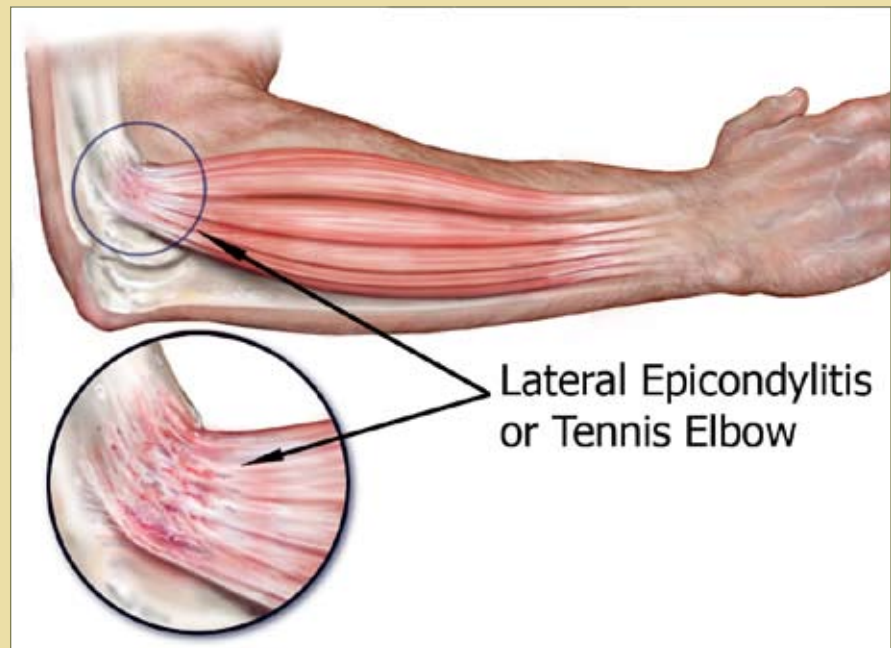


# Epicondylitis: Tennis & Golfer's Elbow

## What is Tennis Elbow or Golfer's Elbow?

"**Tennis Elbow**" or lateral epicondylitis is a common term for pain along the outside of the elbow. It is caused by overuse or repetitive motion of those muscles that extend the wrist. You don't have to be a tennis player to get this condition, but it is more commonly seen in people who play tennis.

Pain along the inside of the elbow is called "**Golfer's Elbow**" or medial epicondylitis. In this condition, the muscles that flex the wrist and turn the hand down are irritated. This typically occurs due to repetitive stress and overuse and more frequently occurs in people who play golf.



## CLINIC LOCATIONS

Columbia Heights  
Eagan  
Forest Lake  
Downtown St. Paul - Gallery  
Downtown St. Paul - Ritchie  
Hastings  
Maplewood  
Vadnais Heights  
Woodbury - Allina  
Woodwinds Health Campus

## CONTACT INFORMATION

Main Line  
(651) 842-5200

Appointment Line  
(651) 842-5201

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## Anatomy

The muscles that flex and extend the wrist attach at two bony protuberances on the inside and outside of the elbow called the epicondyles. The wrist flexor group attaches to the medial (inside) epicondyle while the extensor group attaches to the lateral (outside) epicondyle. These muscles can become stretched, torn and inflamed at the sites of their attachment to the bone. Repetitive motion of the wrist can exacerbate this inflammation, resulting in increased pain, weakness and loss of function.



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## Symptoms

Epicondylitis results in pain on the inside or outside of the elbow, decreased grip strength and possibly pain radiating from the elbow down into the wrist. The onset of symptoms is typically gradual and may become worse when shaking hands, squeezing objects or lifting items.

## Diagnosis

In order to determine the cause of your symptoms, your doctor will ask you questions and conduct a physical examination. X-ray is useful in viewing the bony anatomy of the elbow and can help confirm or eliminate a specific diagnosis. Typically, the diagnosis of epicondylitis is made based upon your signs and symptoms and further diagnostic tests are unnecessary.

## Treatment

Initially, treatment may involve rest, a brace or strap around your elbow and anti-inflammatory medication. These medications may be taken orally or, if appropriate, injected directly into the inflamed tissues. Your doctor may prescribe physical therapy. The goal of therapy is to increase your strength and teach you the proper mechanics when using your elbow. Most patients respond favorably to non-surgical treatment. However, if your symptoms do not improve your doctor may suggest surgery. If this is necessary your orthopedic surgeon will discuss the details of the procedure with you.

For additional educational materials regarding this topic please visit our website, [www.summitortho.com](http://www.summitortho.com) and click on the "Patient Education" quick link at the bottom of the page.

## NOTES:

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