

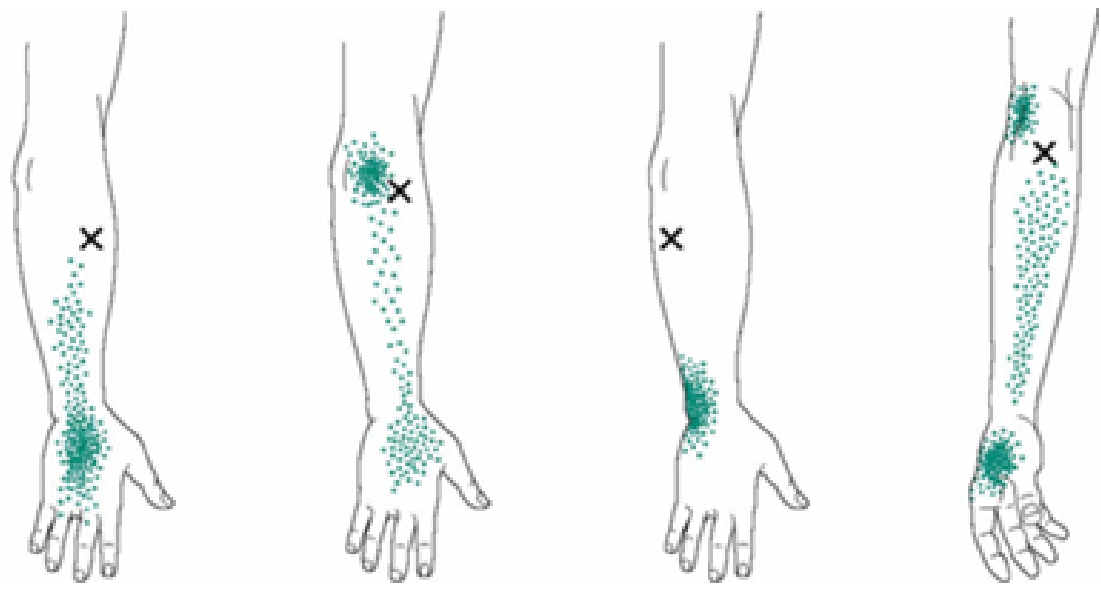
ABOUT LATERAL EPICONDYLITIS

HISTORY

- Repetitive strain injury
- Repetitive computer use
- Heavy lifting
- Forceful forearm rotation (using tools).
- Sports such as squash, badminton, swimming, baseball.
- Seen in electricians, carpenters, gardeners and desk jobs.

SIGNS & SYMPTOMS

- Pain along outside of elbow and forearm.
- Can radiate into wrist and hand.
- Impacts range of motion/mobility.
- Weakness carrying objects.
- Altered grip strength.
- Scapular pain with prolonged cases (>1 year).



ANATOMY

This condition involves the inflammation of the wrist extensor tendons that originate along the lateral epicondyle of the humerus. Repetitive contractions or manual tasks can put excessive demands on these tendons, which causes inflammation and the resulting symptoms.



Contact us

Pursuit of Motion Physiotherapy
#202, 13613 163 St. NW
Edmonton, AB T5V 0B5

Phone: 780-448-4991

Fax: 780-448-4985

info@pursuitofmotion.com

www.pursuitofmotion.com



1) Pain Management

Use **Myofascial Self-Release** to target areas of tightness around the elbow and forearm. Using a hard ball, press into areas of tightness around the outside of the elbow and forearm and hold until the soreness dissipates. Move onto the next sore spot, and repeat as needed.



2) Mobility

The **wrist extensor stretch** begins by extending your arm straight out with the palm facing down. Slowly bend your wrist downward as far as comfortable, and use your other hand to gently pull the hand back further until you feel a stretch. Hold the stretch for 10 seconds, repeating 3 times.



3) Strength

Perform **wrist extensor strengthening** by sitting and resting your forearm on your thigh with your palm facing downward. Holding a light weight, slowly curl your hand upwards, and then slowly return it to the starting position. Repeat 10 times for 3 sets, keeping the forearm in contact with the thigh.



4) Functional/Sport

Once pain is managed and mobility and strength are improved, you can return to activity and sport. **Pushups** can be performed from your feet or knees with your hands in line with your shoulders. Move your body forward in a pushup position, and then push yourself back up. Perform these until fatigue for 3 sets.

