SportsMed
Advanced Sports Surgery and Medicine

Tennis Elbow

From Pain to Power

- Tennis Elbow isn't just for tennis players!
- Pain on the outside of your elbow? It might be Tennis Elbow.
- Don't ignore the pain—early care, better recovery.
- Strong grip, weak elbow? Time to get it checked.

If knee pain persists for a long time or becomes severe, it is essential to consult a doctor.

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Tennis Elbow

Lateral epicondylitis, also known as "Tennis Elbow", is the most common overuse syndrome in the elbow. This disease occurs in muscles originating from o lateral epicondyle (outer side of elbow) region of the Arm bone - Humereus .

It occurs often in repetitive upper extremity activities such as computer use, heavy lifting, forceful forearm pronation and supination , and repetitive vibration. Although Name is tennis elbow but this condition may also occur in other sports such as squash, badminton, swimming and field throwing events. People with repetitive one-sides movements in their jobs such as electricians, carpenters, gardeners , desk bound jobs also commonly present with this condition.

For more similar books - Knee , shoulder n other - click here

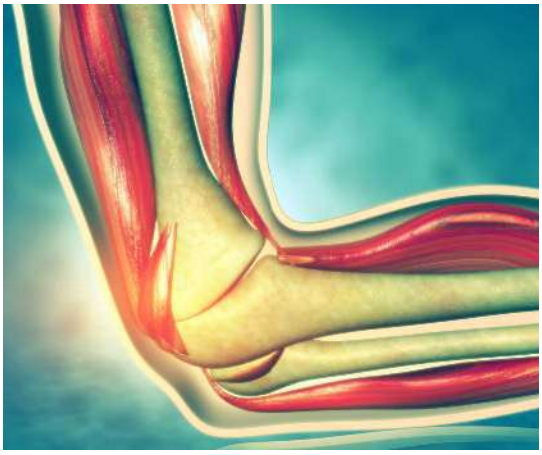
Tennis Elbow

Basic Understanding about Tennis elbow - Click video link below for most use Information

Relevant Anatomy-

To understand tennis elbow , golfers elbow and other elbow related problems we need to have basic understanding of elbow structure - with diagrame below and description we tried to explain in simple language about anatomy of elbow .

Tennis Elbow



Bony Anatomy of the elbow

The Elbow Joint is made up of three bones: Humreus (Upper arm bone), Two Bones of lower arm radius and Ulna . Two prominences of upper arm bone -On outer lateral epicondyle ,On inner side is medial epicondyle . Broadly saying problems lies at point where muscles of lower arm attaches to these epicondyles or prominences .

Pain and Problems at outer side of arm known as Tennis elbow or Lateral epicondylitis and similar problem on inner side of elbow at medical epicondyle known as Golfers Elbow .
Most commonly muscle involved in tennis elbow is the extensor carpi radialis brevis (ECRB) .

Epicondylitis occurs at least five times more often and predominantly occurs on the lateral rather than on the medial aspect of the joint,
30-50 years old most commonly being affected.

This injury is often work-related, any activity involving wrist extension, pronation or supination during manual labour, housework and hobbies are considered as important causal factors.
Lateral epicondylitis is equally common in both sexes. Between the ages of 30-50 years the disease is most prevalent.

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Tennis Elbow

Clinical Presentation

This means how patient of tennis elbow comes to doctor and what are usual complaints . this patterns below shows in order of severity from point no 1- 4 in increasing manner

. Faint pain a couple of hours after the provoking activity.
2. Pain at the end of or immediately after the provoking activity.
3. Pain during the provoking activity, which intensifies after ceasing that activity.
4. Constant pain, which prohibits any activity.

In some of the patients - weakness in their grip strength or difficulty carrying objects in their hand, especially with the elbow extended may be present in sever stages. Some people have a sense of paralysis but this is rare.

How your doctor diagnose tennis elbow and what investigations are done - Click video below

Tennis Elbow

- Onset of pain 24-72 hours after provocative activity involving wrist extension
- Pain may radiate down forearm as far as the wrist and hand
- Difficulty with lift and grip (Pain+/- weakness)
- Changes in biomechanical factors- new tennis racquet, wet ball, over training, poor technique, shoulder injury

- Pain and point tenderness over lateral epicondyle and/or 1-2 cm distal to epicondyle
- Pain and weakness on resisted wrist extension
- Weakness on grip strength testing (Dynamo-meter)
- Pain and/or decreased movement on passive elbow extension, wrist flexion and ulnar deviation and pronation
- Weak elbow extensors and flexors

Investigations

Investigations are usually not performed in the straightforward case of lateral elbow pain. However, in longstanding cases, plain X-ray (AP and lateral views) of the elbow may show osteochondritis dissecans, degenerative joint changes or evidence of heterotopic calcification.

Ultrasound examination may prove to be a useful diagnostic tool in the investigation of patients with lateral elbow pain. Ultrasound may demonstrate the degree of tendon damage as well as the presence of a bursa.

- X-rays: These may be taken to rule out arthritis of the elbow. in some may be calcification along lateral epicondyle
- Magnetic Resonance Imaging (MRI): if symptoms are mixed with neck pain MRI of neck can be advised if the symptoms are related to a neck problem.
- Electromyography (EMG): An EMG is used to rule out nerve compression. Many nerves travel around the elbow, and the symptoms of nerve compression may resemble that of tennis elbow.

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Tennis Elbow

clinical - Examination

Their are many clinical examination test which your doctor may perform on you but below mentioned two are common and specific

- Cozen's test: Cozen's test is also known as the resisted wrist extension test. The elbow is stabilized in 90° flexion.
- Mill's Test: The patient is seated with the upper extremity relaxed at side and the elbow extended.

Treatment - Medical / Surgical

Treatment of Tennis elbow can be Medical means with help of medicine , Physiotherapy , Change of activities , braces and rehab modalities .
If this treatment fails - interventions and surgical treatment may be given - which may include injection in that area , Arthroscopic or open release of scarred area .

Medical Management

Non-Operative Treatment

Non-Operative medical management of lateral epicondylitis can be started with aim of relieving pain - by rest and avoiding painful activities. with medicine support . The use of ice three times per day for 15 minutes is also recommended .here we must also understand most important point - when to do hot / cold application and how and when to use braces around elbow . for all these information click on video link below

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Lateral Epicondylitis - Tennis Elbow

Surgical treatment-

If the symptoms of epicondylitis lateralis will prove to be resistant surgical treatment is indicated. Usually this is after a failed conservative treatment for more than 6 months.

For surgical procedures for tennis elbow - diseased muscle and scar tissue is removed and reattaching healthy muscle back to bone.
surgery can be done in two ways -

Open surgery - done with small incision over elbow

Arthroscopic surgery- can be done with help of minor arthroscopy instruments - surgery of Sachin Tendulkar was done with this method

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Lateral Epicondylitis

Physiotherapy Management

physiotherapy plays important role in the treatment of Tennis elbow and must be done only after advice of your treating doctor . their are few modalities which are given initially and later on some exercises are also demonstrated depending on stage of disease .

some of exercises are just for demo purpose and must be done only under guidance of your doctor .

Lateral Epicondylitis

Sports Specific Elbow problems - Can be mistaken as tennis elbow

Other than tennis few sports have overhead and throwing movements and may result in elbow pain and problems - below video will demonstrate cricket as example for these elbow problems
this condition is known as Valgus overload syndrome .

SportsMed Fortis Escorts hospital Jaipur is complete Arthroscopy , Sports Injuries & Sports medicine centre . Click below to understand how to utilise best facilities n free helpline n download info booklets .

Lateral Epicondylitis

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