



**Jennifer L. Cook, M.D.**  
Board Certified  
Orthopaedic Surgery

**Stephen A. Hanff, M.D.**  
Board Certified  
Orthopaedic Surgery

**James P. Donovan, M.D.**  
Board Certified  
Orthopaedic Surgery

**Aaron K. Mates, M.D.**  
Board Certified  
Orthopaedic Surgery

## Lateral Epicondylitis

Lateral epicondylitis refers to inflammation of the surface of the bone and adjacent tendons on the outside of the elbow. It is frequently referred to as “tennis elbow” because of the frequent association with tennis players but it can occur in anyone. The tendons that straighten or extend the wrist and fingers and rotate the forearm to turn the palm up all originate from the point of bone on the outside of the elbow known as the lateral epicondyle. Tightness of these muscles as well as overuse may cause repetitive irritation and inflammation here.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. You and your surgeon may consider an injection with a steroid such as cortisone. There is a brace available that applies gentle pressure to the muscles of the forearm to offload tension within these tendons that are inflamed. Despite treating the inflammation, the problem is only partially solved and may return without properly stretching the muscles and modifying any provocative activities.

We have assembled a series of stretches which have proven clinical benefits in treating lateral epicondylitis. Please visit our Physical Therapy tab at our website [www.floridajointcare.com](http://www.floridajointcare.com) to view our instructional videos created by our surgeons and therapists to correctly perform these stretches at home.

## Home Exercise Program

Follow along with instructional videos on our website [www.floridajointcare.com](http://www.floridajointcare.com)

1. Forearm extensor stretch – hold for 30 seconds, perform twice daily

\* May adjust number of repetitions and number of sets as tolerated.

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2165 Little Road • Trinity, FL 34655 • 727-37-BONES (727-372-6637) • Fax 727-375-5044 • [www.floridajointcare.com](http://www.floridajointcare.com)

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