

*my diagnosis*

## EPICONDYLITIS: TENNIS & GOLFER'S ELBOW

*Understand your condition.  
Know your next steps.*

### ***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 frequently occurs in people who play golf, but can be related to any number of activities including work.

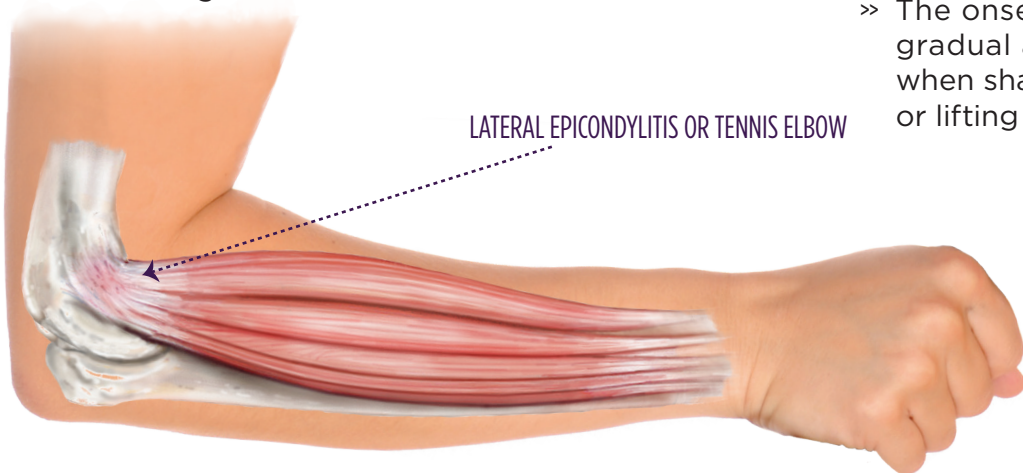
### ***How did my doctor diagnose it?***

Epicondylitis of the elbow was diagnosed based upon your signs and symptoms along with a physical examination.

### ***What are the symptoms?***

- » Pain on the inside or outside of the elbow.
- » Decreased grip strength and possibly pain radiating from the elbow down into the wrist or towards the shoulder.
- » The onset of symptoms is typically gradual and may become worse when shaking hands, squeezing objects or lifting items.

LATERAL EPICONDYLITIS OR TENNIS ELBOW



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# EPICONDYLITIS: TENNIS & GOLFER'S ELBOW

## *What are the treatment options? What does my specialist recommend?*

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	REST	Avoid movements and actions that cause pain in your elbow.	Contact the patient coordinator if symptoms do not improve: (651) 968-5201
<input type="checkbox"/>	BRACING	A strap or brace can provide support for the elbow.	Set up bracing appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	THERAPY	A therapist can work with you to increase your strength and teach you the proper mechanics when using your elbow.	Set up therapy appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	INJECTIONS	A cost effective alternative to surgery. A medication is injected directly into the inflamed tissues in the physician's office.	Set up injection appointment: (651) 968-5201
<input type="checkbox"/>	SURGERY	Most patients respond favorably to nonsurgical treatment. However, if your symptoms do not improve your doctor may suggest surgery. If this is necessary your Hand Surgeon will discuss the details of the procedure with you.	Set up surgery date and time with the patient coordinator: (651) 968-5201

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