

Standard of Care for Lateral Epicondylitis

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Lateral epicondylitis, or tennis elbow, is the most common overuse syndrome of the elbow. A bit of controversy exists about not only the treatment of this condition but also the exact pathophysiology. Most often this injury is encountered in industrial workers and also has been encountered in professional musicians, people who spend a great deal of time at a computer or keyboard that is set up with poor ergonomics and the tennis' s player or racquet sports.

Discontinuing activities that cause the pain is the first step to proper treatment of Lateral Epicondylitis and due recurrence of this condition is common, return to activity should not occur too quickly, and preventive exercises should be done consistently.

Treatment is aimed at pain relief and reducing inflammation and the conservative treatment include nonsteroidal anti-inflammatory medications ,local injection of cortisone, immobilization of the forearm and elbow and physical therapy.

The surgical treatment is available to treat tennis elbow if the conservative treatment fails and a variety of procedures have been designed to excise the inflammation and scar tissue. We will discuss the efficacy and risks of the surgical treatment.