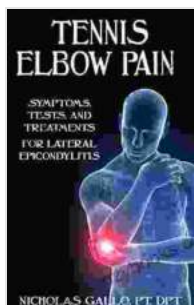


Lateral Epicondylitis: Symptoms, Tests, and Treatments

Lateral epicondylitis, commonly known as tennis elbow, is a painful condition that affects the outer elbow. It is caused by overuse of the muscles that extend the wrist and fingers. This condition is common in people who play tennis, but it can also be caused by other activities that involve repetitive use of the wrist and fingers, such as painting, carpentry, and working with hand tools.



Tennis Elbow Pain: Symptoms, Tests, and Treatments for Lateral Epicondylitis by Nicholas Gallo

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
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Symptoms of Lateral Epicondylitis

The most common symptom of lateral epicondylitis is pain on the outside of the elbow. The pain may be worse when you extend your wrist or when you grip an object. You may also experience tenderness to the touch over the outer elbow, and you may hear a clicking or popping sound when you move your wrist or elbow.

In some cases, lateral epicondylitis can also cause:

- Numbness or tingling in the fingers
- Weakness in the wrist or hand
- Difficulty performing activities that require use of the wrist and fingers, such as writing, typing, or playing the guitar

Causes of Lateral Epicondylitis

Lateral epicondylitis is caused by overuse of the muscles that extend the wrist and fingers. These muscles are located on the outside of the forearm, and they attach to the lateral epicondyle, a bony prominence on the outside of the elbow. When these muscles are used excessively, they can become inflamed and irritated, leading to pain and other symptoms.

Risk Factors for Lateral Epicondylitis

Certain factors can increase your risk of developing lateral epicondylitis, including:

- Playing tennis or other sports that involve repetitive use of the wrist and fingers
- Working in a job that requires repetitive use of the wrist and fingers, such as painting, carpentry, or working with hand tools
- Having a family history of lateral epicondylitis
- Being over the age of 40
- Being overweight or obese
- Having diabetes

- Smoking

Diagnosis of Lateral Epicondylitis

Your doctor will diagnose lateral epicondylitis based on your symptoms, a physical examination, and a medical history. Your doctor may also Free Download one or more of the following tests to confirm the diagnosis:

- X-ray: An X-ray can rule out other conditions that can cause elbow pain, such as a fracture or arthritis.
- MRI: An MRI can provide more detailed images of the elbow and can help rule out other conditions that can cause elbow pain.
- Electromyography (EMG): An EMG can measure the electrical activity of the muscles in the forearm and hand. This test can help rule out other conditions that can cause elbow pain, such as a nerve injury.

Treatment for Lateral Epicondylitis

The treatment for lateral epicondylitis depends on the severity of your symptoms. In most cases, conservative treatment methods can relieve pain and improve function. Conservative treatment methods include:

- Rest: Resting the affected elbow can help reduce inflammation and pain.
- Ice: Applying ice to the affected elbow can help reduce inflammation and pain.
- Compression: Wearing a compression bandage around the affected elbow can help reduce inflammation and pain.

- **Physical therapy:** Physical therapy can help strengthen the muscles around the elbow and improve range of motion.
- **Corticosteroid injections:** Corticosteroid injections can help reduce inflammation and pain. However, these injections should not be used for long periods of time.

In some cases, surgery may be necessary to treat lateral epicondylitis. Surgery is typically only recommended if conservative treatment methods have failed to relieve pain and improve function. Surgery involves removing the damaged tissue from the lateral epicondyle.

Outlook for Lateral Epicondylitis

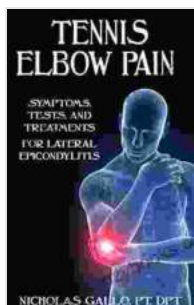
With proper treatment, most people with lateral epicondylitis can expect to make a full recovery. However, in some cases, the pain and stiffness may persist for several months or even years. If you have lateral epicondylitis, it is important to follow your doctor's instructions carefully and to participate in physical therapy as directed. This will help you achieve the best possible outcome.

Prevention of Lateral Epicondylitis

There are several things you can do to prevent lateral epicondylitis, including:

- Warm up before playing tennis or other sports that involve repetitive use of the wrist and fingers.
- Use proper technique when playing tennis or other sports that involve repetitive use of the wrist and fingers.

- Take breaks during activities that involve repetitive use of the wrist and fingers.
- Strengthen the muscles around the elbow with exercises.
- Maintain a healthy weight.
- Quit smoking.



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