

Non-Operative Medial and Lateral Epicondylitis Protocol

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What is Epicondylitis?

Epicondylitis is inflammation of the origin of a group of tendons on the outside (lateral) or inside (medial) part of the elbow. The inflammation causes pain that is usually made worse with motion of the elbow or wrist.

Lateral epicondylitis is also termed "Tennis Elbow."

Medial epicondylitis is also termed "Golfer's Elbow."

Further Information is available on the "Patient Information" page of our website:

www.activeorthopaedicspc.com

How do you treat Epicondylitis?

Common treatments that might be recommended include:

- 1) Activity modification
- 2) Anti-inflammatory medications
- 3) Bracing (i.e. counter-force bracing)
- 4) Exercise programs and physical therapy
- 5) Corticosteroid injections

Is surgery required for Epicondylitis?

No. Only in very rare cases is surgery recommended for symptoms that are refractory to the treatment options listed above.

What exercise program is recommended?

A simple eccentric exercise routine done regularly 5x per week for 4-6 weeks can often improve or even eliminate symptoms.

Step 1: Choose 1-15 lb weights (depending on you experience with weights and fitness level)

Step 2: For lateral epicondylitis, perform a biceps curl with your palms up. Once the elbow is in the fully flexed position, rotate your palms down, still holding the weights. Slowly lower the weights so that your elbows become fully extended. Repeat 12-15x for 3 sets.

For medial epicondylitis, perform a biceps curl with your palms down. Once the elbow is in the fully flexed position, rotate your palms up, still holding the weights. Slowly lower the weights so that your elbows become fully extended. Repeat 12-15x for 3 sets.