

Reliant Medical Group

Rehabilitation & Sports Medicine

LATERAL EPICONDYLITIS

Lateral Epicondylitis is a gradual inflammation or tearing of muscle/tendons attached at the epicondyle, the bony knob on your outer elbow. The muscle and tendon involved in extending your wrist and turning your palm up seems to be most vulnerable to this condition.

Protection Techniques for Medial Epicondylitis

DO

Step closer to activity, and try to keep elbow at your side

Move arm at a steady slow motion

Try and turn palm up and down in more frequent/short turns

Try to carry objects close to your body with elbow bent and wrist in neutral position

Try to alternate arms when doing repetitive tasks

DON'T

Work with arms straight and wrist angled up

Snap arms out straight

Turn palm up and down with elbow straight

Carry objects with arms out straight

Repeat wrist and elbow patterns

Special Considerations for Work & Home

- Change grip from overhand to side.
- Standing on a raised surface, so that you're above the objects you reach for or grasp.
- Vary your activity to keep repetition of the same task to a minimum.
- Twisting, towel – wringing motions of the wrist should be avoided.
- Keep frequently used items within easy reach.
- Carry items on your forearm.
- Use step stool or a ladder.
- Push and slide items.

Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143
■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets

Special Considerations for Work & Home (continued)

- Use armrests or padded wrist supports for deskwork.
- Adjust work heights.
- Complete stretches throughout the workday.
- Sleep with elbows straighter.
- Fatigue must be avoided whether the situation is work or recreational. Fatigue may result in aggravating your condition.

Recreation & Hobbies

- Learn correct techniques from a knowledgeable pro.
- Be sure to do warm-up and cool-down stretches before and after play.
- Use air cast.
- Use ice massage before and after play.
- Racquet sports should be avoided on wet and windy days.
- The racquet should be made of flexible material that is “forgiving” in that it allows for some error in off center hitting. Such racquets contain a high portion of fiberglass. Consider using a string no thicker than 1.3 mm. with tension of 28 to 32 pounds. A larger grip with a textured surface is beneficial.

Postural Helpful Hints

- Avoid round shoulders and slouched position. Stand and sit tall.
- Proper neck and head posture is most important. Keep chin tucked in.
- For female patients, bra straps should not be tight.

Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143
■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise
Sheets