



## About Lateral Epicondylitis

This condition, commonly called tennis elbow, is a degeneration of the tendons that attach to the lateral epicondyle, the bony bump on the outer side of the elbow.

### Inside the Elbow

The muscles that pull the wrist back are called extensor muscles. These muscles join together and attach to a single tendon at the elbow. This tendon, called the common extensor tendon, attaches to the lateral epicondyle.

### Cause of Damage

This condition is caused by repetitive trauma or aging.

### Symptoms

Common symptoms include tenderness and pain at the lateral epicondyle, and this pain can be made worse by bending the wrist.

### Treatment

Treatment will be determined by your physician and may include rest, an arm brace or wrist splint, physical therapy, steroid injections, ice and anti-inflammatory medications.

