

Tennis Elbow

Introduction

Tennis elbow is caused by the degeneration of the tendon fibers that attach to the bone on the lateral aspect of elbow. With repetitive movement of the wrist and forearm, the tendons suffer from repetitive microtrauma which beyond their normal healing capacity and resulting in a painful condition. “Tennis Elbow” was first found among those tennis players. However, tennis elbow occurs more frequently among non-athletes such as housewives and manual worker who often bend their wrist.

Diagnosis

People experience pain and pressure in forearm and elbow during gripping or lifting heavy objects or wringing a towel may suffer from tennis elbow. The orthopaedic surgeon will usually take a history and do a physical examination. They will check if you have any pain in the elbow and forearm upon stretching the wrist and fingers. The diagnosis usually can be reached clinically.

Treatment

Most of tennis elbow can be managed by non-operative measures such as stretching exercise, ultrasound, shockwave, anti-inflammatory agents and elbow braces. If the symptoms cannot be relieved, orthopaedic surgeon may consider injection of corticosteroid around the tendon insertion.