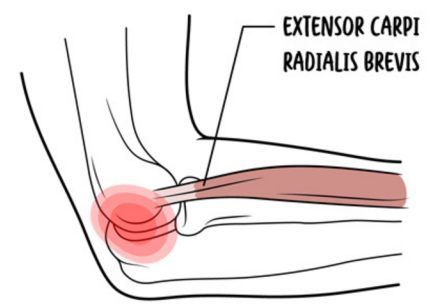
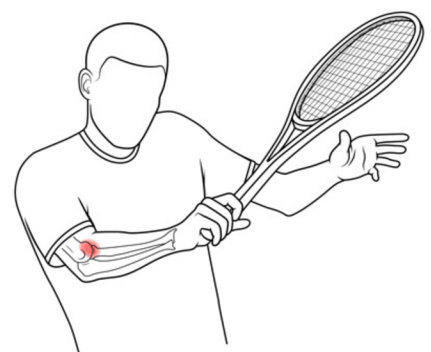


LATERAL ELBOW TENDINOPATHY (TENNIS ELBOW)

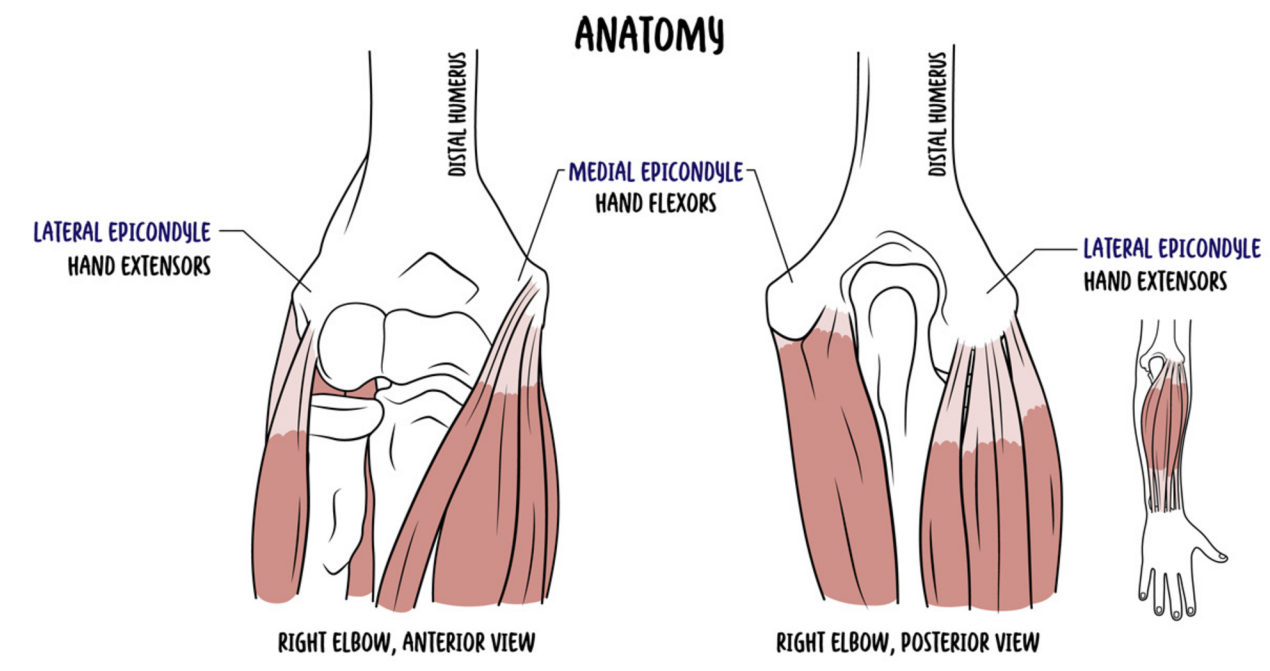
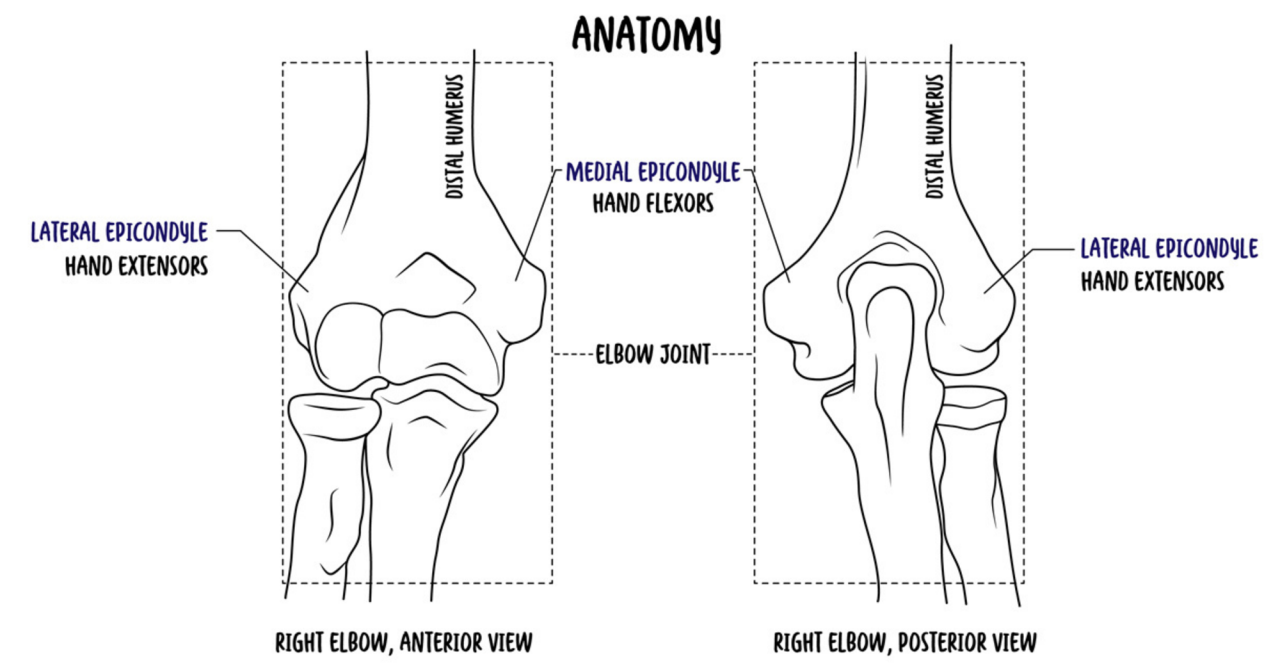
- CHRONIC
- NON-INFLAMMATORY DISORDER
- AFFECTS THE WRIST EXTENSOR MUSCLES



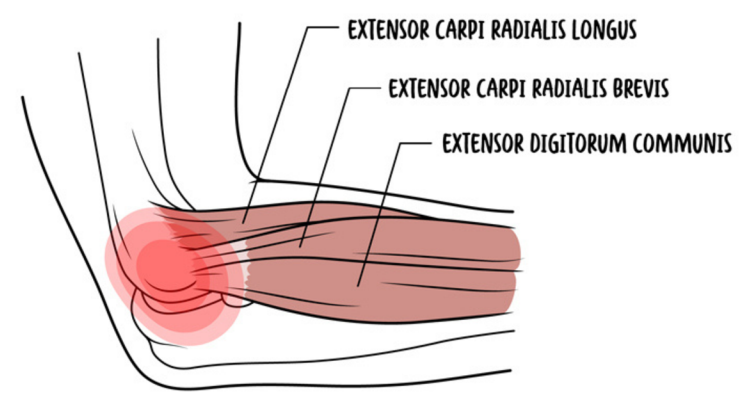
DULL PAIN

WORSENS WITH REPETITIVE MOVEMENTS:
FLEXION-EXTENSION, PRONATION-SUPINATION OF THE WRIST

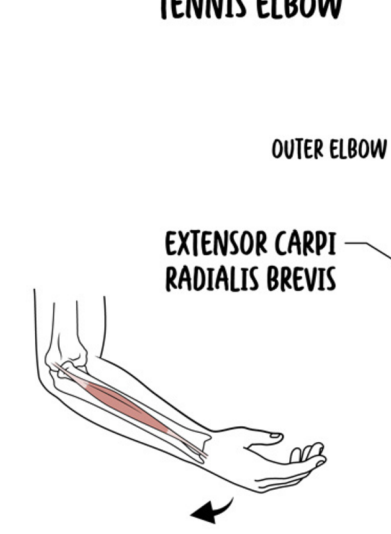
DISCOMFORT DURING
SPORTS -> EVERYDAY TASKS



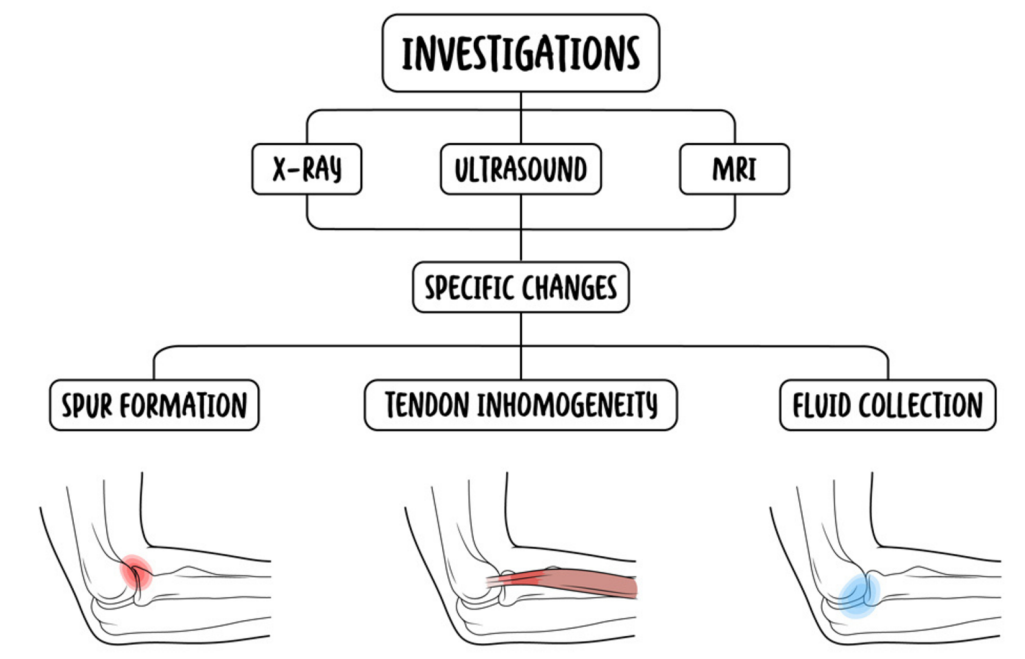
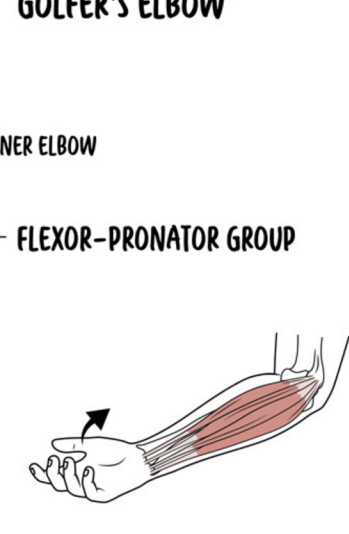
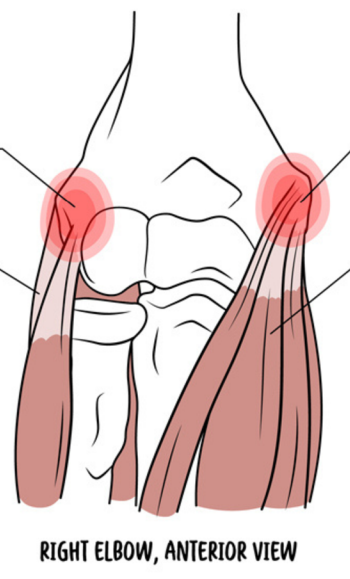
LATERAL ELBOW TENDINOPATHY
DIAGNOSED CLINICALLY BY THE FOLLOWING FINDINGS



LATERAL ELBOW TENDINOPATHY
TENNIS ELBOW



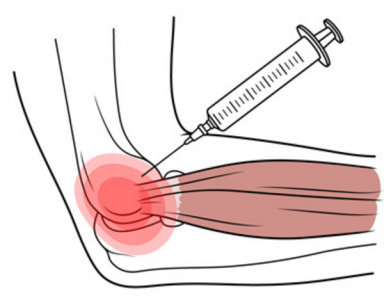
MEDIAL ELBOW TENDINOPATHY
GOLFER'S ELBOW



TREATMENT

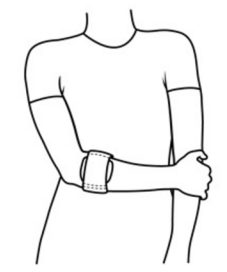
- RELATIVE REST
- ICE APPLICATION
- COMPRESSION STRAPS OR BRACES
- TOPICAL NSAIDS VOLTAREN GEL

*FOR ATHLETES - PROFESSIONAL COACHING

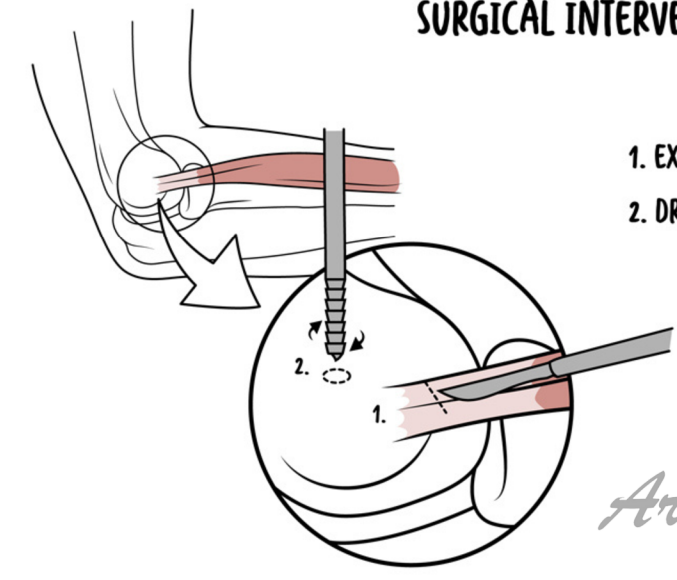


IF INSUFFICIENT

LIDOCAINE AND CORTICOSTEROID INJECTION



SURGICAL INTERVENTION



- EXCISION OF THE DAMAGED TENDON
- DRILLING OF THE SUBCHONDRAL BONE
↳ STIMULATE HEALING AND REPAIR

Armando H. Faigl