

LATERAL EPICONDYLITIS



CERVICAL AND NEURAL INVOLVEMENT

It is important to assess and rule out cervical and neural involvement in patients who present with lateral epicondylalgia. One study revealed that of patients who present with lateral epicondylalgia:

- 36% also have some degree of palpable neck pain and articular dysfunction, which was found to be positively associated with longer lateral epicondylalgia duration.
- 41% also have a positive radial nerve neurodynamic test, which was found to be positively associated with a greater severity of resting pain.

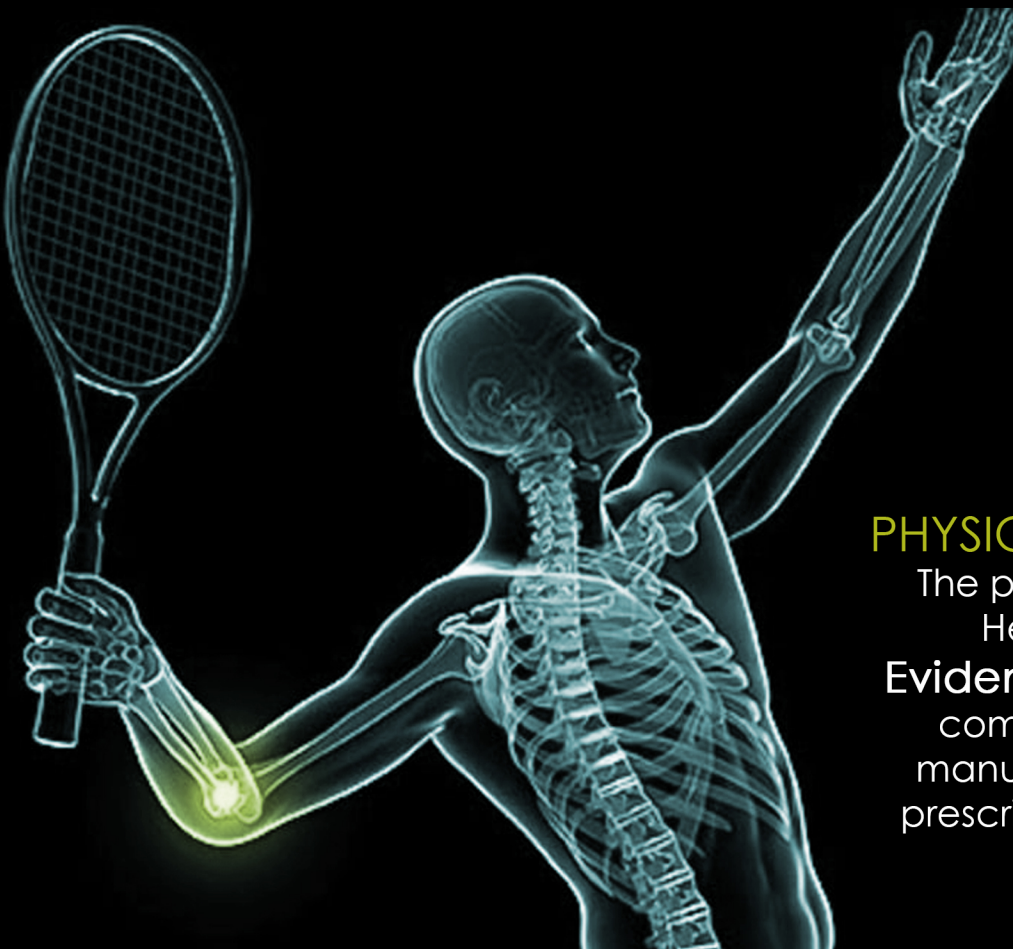
Lateral epicondylitis, or “tennis elbow”, is an overuse injury originating in the wrist extensor muscles. These muscles originate in the lateral elbow and their tendons can become overloaded when the hand and forearm are used in strong and repetitive movements such as gripping, lifting, or throwing.

PREVALENCE

Lateral epicondylitis effects between 1-3% of the general population and can reach up to 23% among workers. 12.9% reported functional pain or pain at rest.

PHYSIOTHERAPY CAN HELP!

The physiotherapists at Willow Health Centre provide **Evidence-Based** care, using a combination of education, manual therapy and exercise prescription to restore pain free joint function.



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BEST PRACTICE EVIDENCE

- Taping techniques significantly improves pain free grip strength by 24% immediately after application in patients with lateral epicondylalgia. ¹
- Corticosteroid injection compared to physiotherapy mobilizations and exercises have better short term outcomes (6 weeks), but higher recurrence rates and poorer long term outcomes (1 year) in the treatment of tennis elbow. ²
- Physiotherapy mobilizations and exercises have greater short term outcomes (6 weeks) than no intervention in the treatment of tennis elbow. ²
- The addition of an eccentric exercise program improves pain by 81% in patients with lateral epicondylitis, compared to 22% with “regular” physiotherapy. ³
- Corticosteroid injection treatment for lateral epicondylalgia has a recurrence rate of 55%, compared to 5% when combined with physiotherapy treatment. ⁴

Consider referring to Willow Health Centre patients present with lateral epicondylitis pathology! We are dedicated in providing **Evidence-Based** care, using the best of the best rehabilitation techniques to ensure patients meet their goals for a pain free and active lifestyle.

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