

Cycle 5
2506 - Tennis Elbow Diagnosis & Treatment
SCRIPT

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EUGENE FARNG, MD:

You know, it's funny, I have actually never met anyone who got tennis elbow from playing tennis. The medical term for it is lateral epicondylitis, which is basically just a fancy Latin word for "it hurts right here." And it's a very common problem.

(2)

BRIAN HILD, MD:

During your daily activities, you can't avoid gripping. Turning a door knob, picking up a cup of coffee, all the little simple activities require a firm grip, and you activate that muscle, and that pulls on the tendon, irritates the bone on the outside of the elbow. The muscle groups that cause the pain at the elbow are actually the muscles that bring the wrist up. In order to bring your wrist up and make a firm grip, you have to activate the muscles about the elbow.

(3)

EUGENE FARNG, MD:

And there's usually no obvious definite cause. It just sort of starting happening on its own slowly over time. We know that it's caused by degeneration of some of the tissue around this part of your elbow. Specifically, some of the muscles that help you bring your wrist up. You want to know is this arthritis? Am I going to have this for the rest of my life? Is this going to just worsen and I'm going to be debilitated for the rest of my life? And, the good news is, no. It's not the case. Tennis elbow will go away on its own. Sometimes the frustrating part is it takes a long time to go away. Sometimes it takes months, if not years.

(4)

BRIAN HILD, MD:

The treatment for tennis elbow is time. The treatment options really are stretching, therapy, localized cortisone injection to the area usually will decrease the pain pretty quickly, and they can last anywhere between a week to a year. But the mainstay is really stretching. And giving it time to go away on its own.

(5)

EUGENE FARNG, MD:

It's just one of those things that can nag and keep coming back. And it's very hard to pin down anything specific that you did or didn't do to make it come back or not. I mean, is it related to your diet or your exercise or your activities? And there's no good answer for that question unfortunately.

(6)

BRIAN HILD, MD:

Having tennis elbow doesn't mean you have to give up all activities. It's like anything else. It doesn't mean you have to give up everything. You just have to understand that it can come back, and the treatment stays the same.

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