

## Tennis Elbow (Lateral Epicondylitis)

The attachment at the elbow of the tendons from the muscles of the forearm which extend your wrist are fragmenting.

### (a) Symptoms

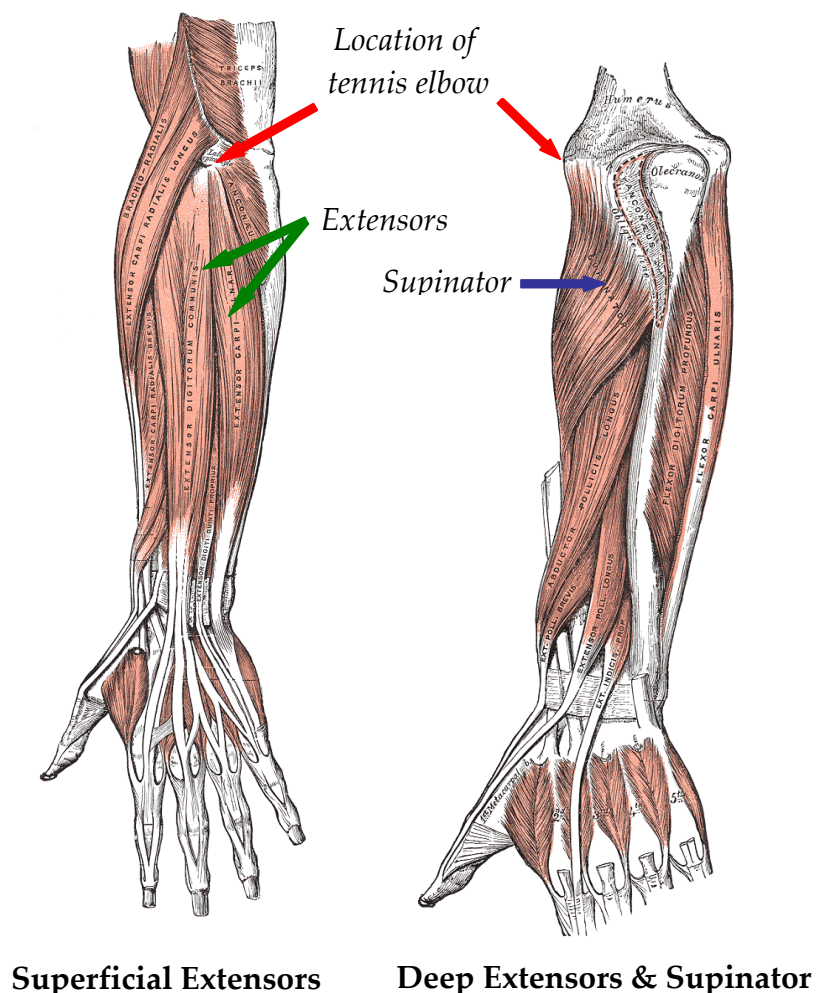
This is an *apophysitis*. That means that the connection of the tendon to the bone has started to fragment, and is tearing away.

There will be soreness at the *lateral epicondyle\** of the elbow, which is worse by:

1. Dorsi-flexing the hand (lifting the wrist up when the palm is face down) against resistance, or
2. Supinating the hand (turning the hand from palm-down to palm-up) against resistance.

See the “location of tennis elbow” in the illustration below for the location of the lateral epicondyle.

### Key Anatomical Structures in Tennis Elbow



(PTO)

## **(b) Cause**

Genuine tennis elbow relates to two things:

1. The extensor muscles (on the back of the forearm) that run from the lateral epicondyle to the fingers (*extensor digitorum communis* & *extensor carpi ulnaris*) plus *supinator* usually display a fair degree of fascial hardening along their lengths. Progressively over the years the incidence of tennis elbow and its severity have been increasing, and both the time for recovery and the rate of chronic cases that never really heal has been on the rise: which leads to point two.
2. The production or quality of collagen, or both, is degenerating. This is mainly related to the quality or lack thereof, of the modern diet.

## **(c) Treatment**

Your practitioner will carry out cross-fibre massage plus myofascial release of the wrist extensors and supinator.

You may need nutritional supplements to provide your body with what it needs to repair the collagen framework of the tendon involved.