

# Lateral Epicondylitis

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Lateral Epicondylitis is a condition in which the tendons around the elbow cause pain and discomfort. This is commonly referred to as "tennis elbow" and arises from repetitive use of the extensor tendons in the forearm.

When the muscles and tendons in the elbow are over-stretched, traumatized or overused, oftentimes pain and inflammation result. This inflammation often occurs on the outside or lateral aspect of the elbow and resonates around the insertion point of the tendon into the bone. This causes persistent pain and discomfort and makes even the simplest functions very uncomfortable. Use of the arm, in general, can also become uncomfortable.

Treatment consists of rest, anti-inflammatories, and ice therapy. Occasionally, physical therapy and cortisone injections are utilized. Approximately 80 to 85 percent of these conditions can be resolved with simple, conservative treatment and seldom require surgery.

Another closely related condition is "golfer's elbow." This inflammation occurs on the inside or medial aspect of the elbow. The treatment and recovery period for this condition is very similar to that of "tennis elbow".