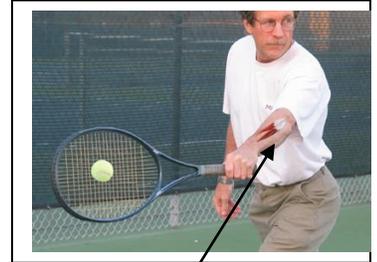


LATERAL EPICONDYLITIS: painful condition involving the tendons that attach to the bone on the outside part of the elbow.

At LoHi Catalyst Therapies, our certified hand therapist/occupational therapist and physical therapists are trained to identify and treat muscular-skeletal conditions.

If left untreated, lateral epicondylitis can become a reoccurring condition that worsens over time resulting in permanent damage to the tendon that attaches to the bone at the elbow.



Symptoms: localized pain at the outside of the elbow with gripping, reaching.

Symptoms typically occur with outstretched arm reach to grasp an item, to obtain a cup from a cupboard, lift a glass, reach out to shake a hand, operate tools, etc.

If left unchecked, symptoms can change from occurring during activity to constant.

Some Causes and aggravating activities:

- Trauma such as over grip/jerking of a tool while holding it in an extended posture.
- Prolonged gripping combined with awkward posture of the arms in tasks.
- Sporting activities that involve grip and reach with force such as tennis.
- Repeated forceful gripping, twisting.

What to do: Most importantly, identify and avoid aggravating activity to allow healing. An occupational or physical therapist can assist you in this process.

Three things you can do:

1. Ice Massage to the painful area during acute onset of pain and irritation
2. Stop the painful activity and find a different way to perform the task if needed.
3. Stretches:



- a. massage your forearm with your other hand or over a tennis ball first to help warm up the muscle group.
- b. Then stretch. The idea is to reduce the tightness in your muscle and decrease its “pull” on the tendon off the bone.



We recommend all of the above and we strongly recommend you ask a professional for suggestions. You can contact us directly by phone or email or contact your primary care physician. It is always good to learn what measures you can do to help yourself and to get professional advice.

Your hands are critical for function; we want to help you care for them and do what you love to do!

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