

# Elbow Tendonitis

Elbow tendonitis is the inflammation of the tendons surrounding the elbow. Lateral and medial epicondylitis, also referred to as "tennis and golfer's elbow", are two forms of this condition. It is considered a cumulative trauma injury that occurs over time from repeated use of muscles in the arm and forearm. This repeated use can lead to small tears of the tendons. This condition generally affects individuals between ages 35-55, whom are recreational athletes or engages in rigorous daily activities.

- Anatomy



- Mechanism of Injury

- Sports or work-related activities that involve heavy use of the wrist and forearm muscles
- Lack of strength, poor technique, and increased duration or intensity of play
- Overuse of the forearm muscles and repeated impact can increase the risk of tendonitis

- Treatment

- Manual Therapy to elbow joint
- Joint Mobilizations to elbow joint
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates focusing on improving elbow range of motion, forearm strength, and sport biomechanics.
- Ultrasound
- Ice and Electric Muscle Stimulation
- Home Exercise Program