

2880 TRICOM STREET; CHARLESTON
130 E. 3RD NORTH STREET;
SUMMERSVILLE

93 SPRINGVIEW LANE; SUMMERSVILLE
2016 HIGHWAY 52; MONCK'S CORNER
899 ISLAND PARK DRIVE; DANIEL
ISLAND

843-797-5050

LOWCOUNTRYORTHO.COM

SPECIALIZING IN

CARPAL TUNNEL SYNDROME
TRIGGER FINGER
DEQUERVAIN TENOSYNOVITIS
WRIST GANGLION
THUMB ARTHRITIS
TENNIS ELBOW
CUBITAL TUNNEL SYNDROME
FLEXOR TENDON INJURY
FRACTURES
DUPUYTREN'S CONTRACTURE
WRIST ARTHROSCOPY
BOUTONNIERE DEFORMITY
KEINBOCK DISEASE
BICEPS TENDON RUPTURE
REFLEX SYMPATHETIC DYSTROPHY
SHOULDER IMPINGEMENT



**LOWCOUNTRY
ORTHOPAEDICS**
-&- SPORTS MEDICINE

A MEMBER OF **ARCIS**
Healthcare

LATERAL EPICONDYLITIS *OR* TENNIS ELBOW

**KEITH J. SANTIAGO,
MD**

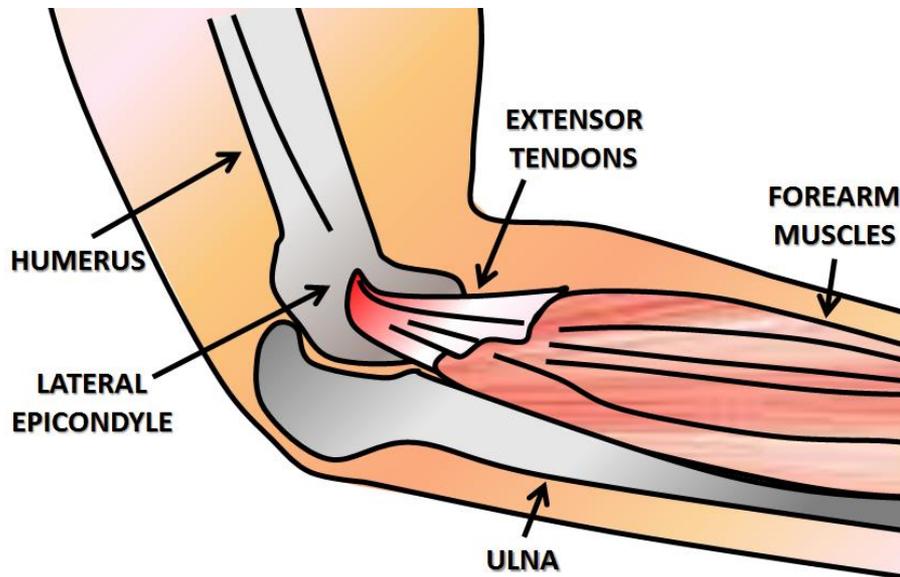
**F. PATTERSON OWINGS,
MD**

**KATY B. CONNER, PA-
C**

843-797-5050

What is lateral epicondylitis (tennis elbow)?

Damage to the tendons of the forearm muscles that extend your wrist. Tendons are like rubber bands that attach these forearm muscles to a bone on the outside of the elbow. The tendon usually involved is called the Extensor Carpi Radialis Brevis (ECRB). The tendons may become damaged from overuse or injury and can develop tears and scars which cause inflammation, swelling, and pain. Tennis players, painters, plumbers, mechanics, cooks, butchers, and carpenters are commonly affected.



Modified from The Body Almanac. AAOS, 2003.

What are the symptoms?

- Pain or burning on the outer elbow
- Weak grip strength
- Worse with playing tennis, turning a wrench, or shaking hands.
- The dominant arm is most often affected

What tests will I need?

- **X-Rays:** to rule out any abnormal bone structures that might be causing your symptoms.
- **MRI:** to see if the tendons and muscles are damaged.

How is it treated?

- **Anti-inflammatory Medicine:** controls swelling in the elbow. These include naproxen, ibuprofen, and meloxicam.
- **Steroid injections:** anti-inflammatories injected into the side of the elbow. This can be repeated every 3 months.
- **Occupational Therapy:** to strengthen, stretch, and increase your range of motion.
- **Tenex:** A less invasive surgery that uses ultrasound to remove the diseased tissue.
- **Surgical release:** the damaged tendon is removed and the bone is scraped to encourage healing.

What do I need to know about surgery?

- You will be contacted within 2 weeks of your pre-op appointment for pricing and scheduling.
- The surgery will last 90 minutes and you will go home the same day. If having Tenex, the surgery will last 30 minutes.
- Your surgeon will make an incision at the outer elbow and remove the damaged tissue.
- You will have a splint for 2 weeks that will keep your elbow from moving.
- You will not be able to lift anything with the affected arm for 4 weeks.
- At your 2 week follow up visit, the sutures and bandage will be removed, and you will begin scar massage.