

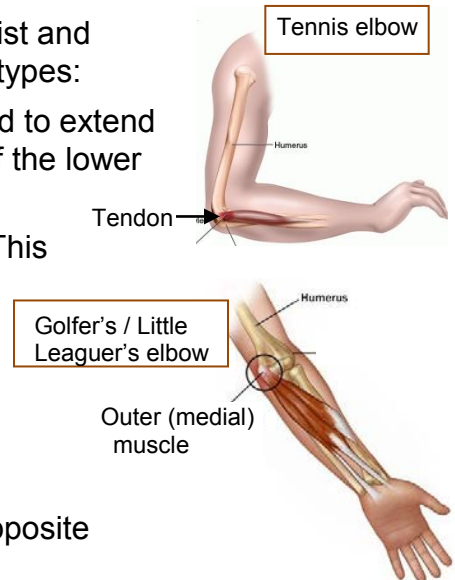
## Epicondylitis

(Tennis Elbow, Golfer's or Little Leaguer's Elbow)

### What is Epicondylitis?

Epicondylitis is swelling or pain of the tendons between the wrist and elbow. It is caused by overuse of the muscles. There are two types:

- Tennis Elbow. Outside of the elbow. This muscle is used to extend the wrist and turn the palm up. It is found on the back of the lower arm.
- Golfer's or Little Leaguer's Elbow. Inside of the elbow. This muscle is used to flex the wrist and turn the palm down. It is on the front of the lower arm.



### What are the symptoms?

- Pain or swelling around the tendons near the elbow.
- Pain and less strength when gripping something.
- Pain when the muscles are stretched or moved in the opposite direction.
- Sudden pain or pain that slowly gets worse.

Your healthcare provider will review your activities. These are diagnosed by the location of the pain, symptoms and a physical exam.

### How is it treated?

Pain medicine, decreased activity, resting and icing of the elbow may help with pain and swelling. Other treatments may include:

- Exercises to stretch and strengthen may start as directed by the healthcare provider. They will also need to be done at home.
- Regular therapy helps you learn an exercise routine. This will help you get back to regular activities.
- Icing. Use a bag of crushed ice, or frozen peas or corn. You can reuse these items as an ice pack. **Do not eat** the corn or peas once they have been used as an ice pack.
  - Put a towel between skin and bag. If you put the ice pack directly on the skin, it may cause frost bite. Put the bag on the sore area.
  - Leave on for 15 to 20 minutes.
- Massaging the area may be used to help with healing. If needed, the therapist will teach you how to massage at home.

**ALERT:** Call your doctor, nurse, or clinic if you have any questions or concerns or if you have special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.