Epicondylitis (elbow pain)

Why do I get elbow pain?

- Repetitive, often forceful motions in the forearm and wrist (e.g., golf, tennis, computer use, painting)
- Elbow pain can include lateral and medial epicondylitis, which involves the inner and outer part of the elbow, respectively

Will my pain go away?

- Most people with elbow pain get better within a few months
- Treatment can reduce pain and help improve function

What can I do?

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within moderation)

Potential treatment options to discuss with your healthcare provider

- An elbow brace (lateral epicondylitis)
- Stretching and strengthening
- Muscle energy technique
- Myofascial release
- The combination of elbow manipulation or mobilization, deep tissue massage, forearm strengthening and stretching exercise and education

Contact your healthcare provider if you experience any of the following

- Dislocation
- Significant, unexplained weight loss
- Fever
- Red, hot, swollen joints
- Aching joints
- Night-time pain
- Worsening, widespread neurological signs/ symptoms (e.g., tingling)
- Unremitting pain when at rest

Côté P, et al. and the OPTIMa Collaboration. Enabling recovery from common traffic injuries: A focus on the injured person. Section 6.1. Management of epicondylitis. UOIT-CMCC Centre for the Study of Disability Prevention and Rehabilitation. January 31, 2015.

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