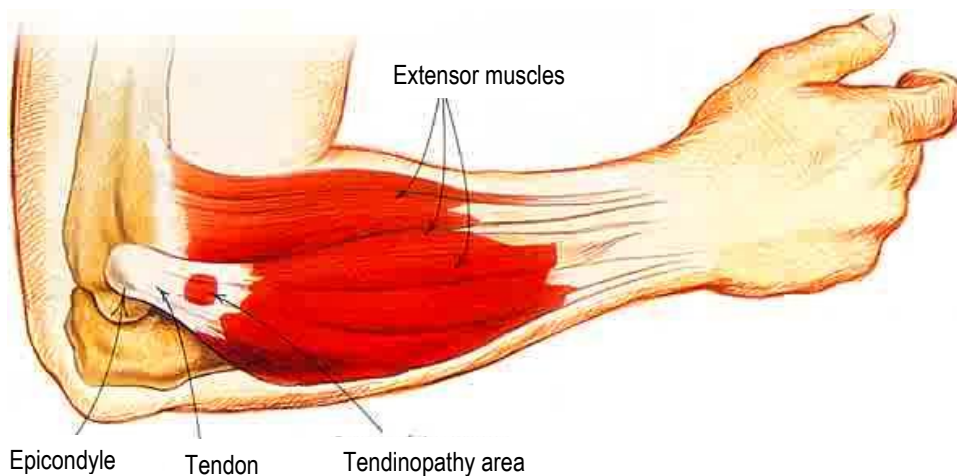




LATERAL EPICONDYLITIS

The lateral epicondyle is a bony relief located on the outer part of the humerus bone, at the elbow joint. It is also the site of insertion of the tendons of the muscles of the extensors of the hand (see image on the right). In the case of elbow epicondylite, the latest studies show that there is no inflammation in this pathophysiology, but rather degenerative changes in the tendon that connects the muscles of the wrist extensors to the elbow. Indeed, when repetitive movements are reproduced with the wrist or when the wrist extensors are forced inappropriately, this produces a succession of microscopic lesions in the tendon of these muscles. This causes pain in the elbow and weakness in these muscles.



Symptoms :

- Tenderness and pain of the lateral epicondyle that may spread down the forearm
- Pain may be present at rest and increases with activity. The pain may wake you at night.
- A decrease in hand strength because of the pain.
- Sometimes there is swelling on the outside of the elbow.

At the first sign of symptoms, it is important to **temporarily** stop any activities or movements that increase the pain. It is important to keep moving your elbow within the painfree movements.

Ice

You can apply ice (a bag of frozen vegetables, a gel ice pack, crushed ice) to the elbow for 10-15 minutes every 2-3 hours. Always apply a wet towel between the ice and your skin. Ice can help you to reduce the pain.

Exercises:

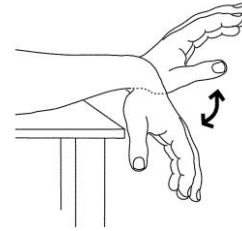
It is normal to feel discomfort and pain after the exercises. The pain should not persist later than 20 minutes after the exercises.

If an exercise increases the pain, reduce the intensity or the number of repetitions. The important thing is to go gradually.

Number 1

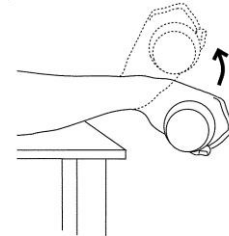
Sit on a chair with your forearm on a table, your hand should be off the table and the palm facing down. Bend and extend your wrist while keeping your forearm on the table.

Do 10 repetitions, twice a day

**Number 2**

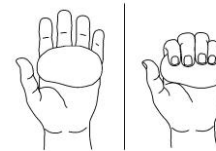
Sit with your forearm on a table, a small can in your hand. Bring the weight up and then back down to the starting position.

Do 10 repetitions, twice a day

**Number 3**

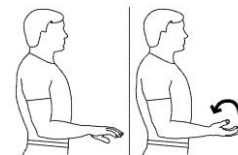
Bend your elbow to 90° and place a ball in your affected hand. Squeeze the ball with your hand for a few seconds and then relax. Always respect the pain.

Do for 1 minute 3 times a day.

**Number 4**

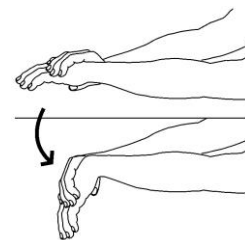
Bend your elbow to 90 degrees, your palm facing down. Without moving your elbow, turn your hand so that the palm is facing up, then return to the starting position.

Do 10 repetitions twice a day.

**Number 5**

Keeping your affected elbow straight out in front of you, bend your wrist by pushing down gently on your hand until you feel a stretch in the forearm.

Hold for 20 to 30 seconds. Do 3 repetitions, twice a day.



Remember that the important thing is to continue using your arm through non-painful movements and adapt your daily activities.