


**Orthopaedic and Sports Injuries Services "OASIS"**

**Munawar Shah FRCS, FRCS Tr & Orth**

Consultant Trauma & Orthopaedic Surgeon

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## **Tennis & Golfer's Elbow**

### **TENNIS ELBOW**

#### **Symptoms**

- Pain on the outer side of the elbow.
- Pain radiating down to the forearm or up towards the upper arm.
- Unable to grip things properly.
- Unable to carry heavy weights.

#### **Signs**

- Tenderness on the outer side of the elbow over the lateral epicondyle.
- Grip is weak and painful.
- Resisted extension and radial deviation of the wrist is painful.
- One or more of the above signs may be present.

#### **Investigations**

- X-rays are usually within normal limits. X-ray is generally done to rule out other conditions, e.g. osteoarthritis of the elbow.
- Blood tests are generally not necessary, unless other co-existing conditions are suspected, e.g. gout, etc.

#### **Treatment**

- Essentially conservative. To start in the acute phases, NSAIDs.
- Physiotherapy.
- Local injection of hydrocortisone and local Anaesthetic, depending on the response – up to 3 injections can be given (generally at an interval of 6 weeks).
- The above procedures can be organised either through the surgery, or by referral to hospital. If the symptoms persist in spite of the above treatment, referral to a hospital would be necessary. Surgery in hospital can generally be carried out as a day case procedure. In certain situations, depending on the patient, overnight stay may be necessary. Sutures are generally removed at 10 days and no further treatment is necessary.

### **Golfer's ELBOW**

This condition is similar to Tennis Elbow, but is localised over the medial epicondyle on the inner side of the elbow.

### **Signs, Symptoms & Treatment**

Are similar to Tennis Elbow, but by and large, Golfer's Elbow is more resistant to treatment than Tennis Elbow.

If you are interested in making an appointment to discuss a treatment, please click here to [contact us](#), or telephone 01215807406

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