



Tennis Elbow: What Is It, Do You Have It, and How Do You Treat It?

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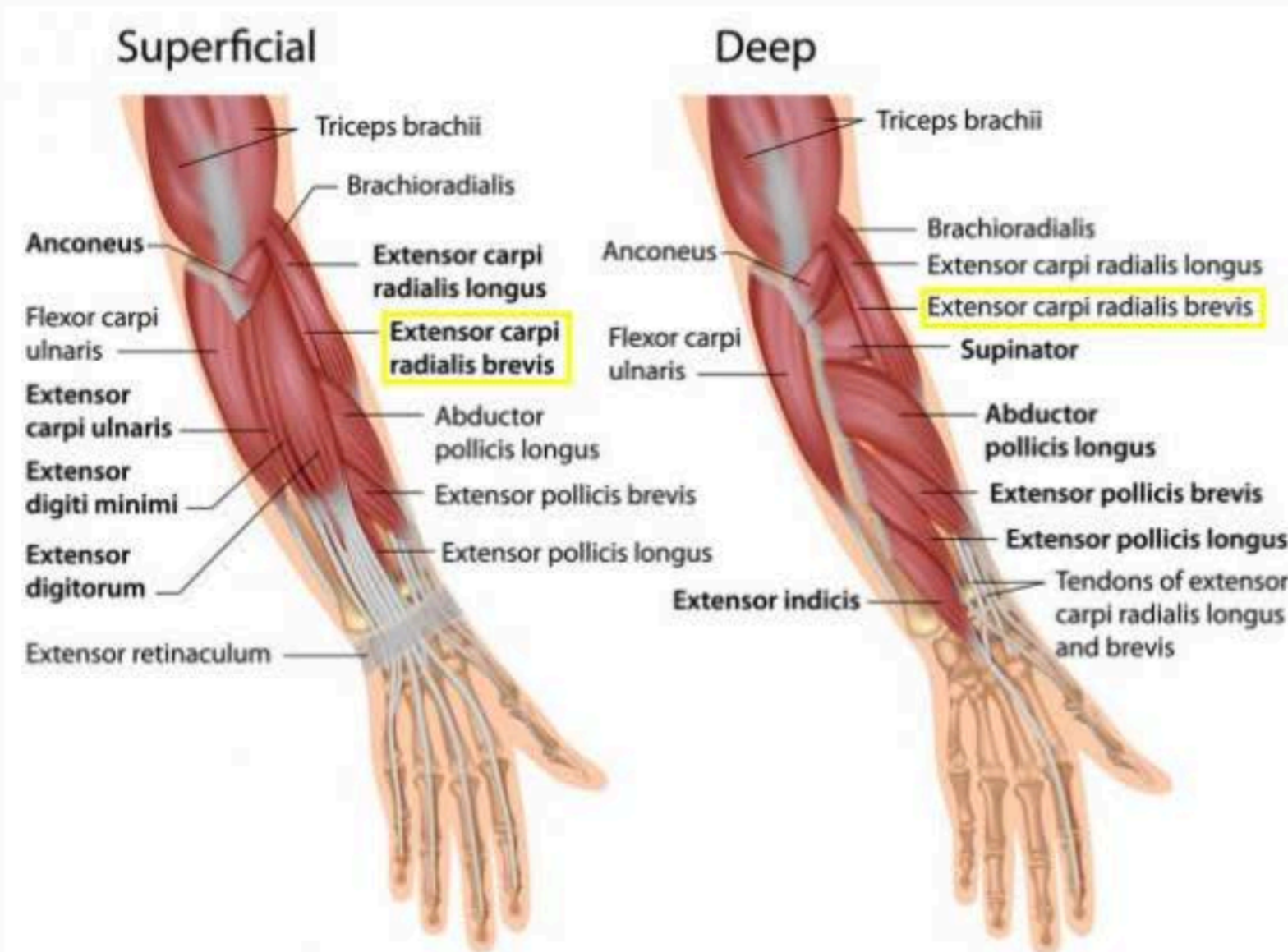


Tennis elbow – or lateral epicondylitis – is a **common injury** in many of the athletes who present with elbow pain. As an orthopedic surgeon, I have been treating this problem with greater frequency, especially in the cross-training and **CrossFit athletic communities**.

Previously, I saw this problem mainly with professional athletes and racquet sport players, but this problem has become more prevalent in the general population due to evolving active fitness lifestyles.

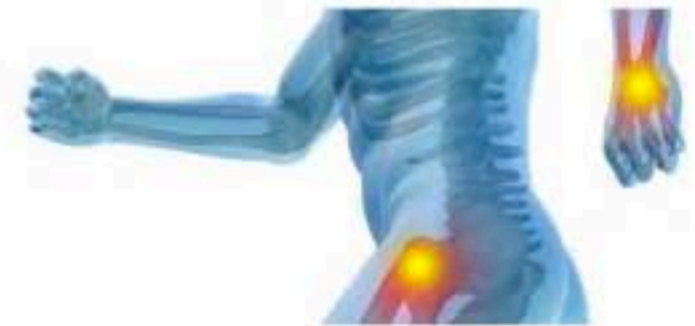
What Is Tennis Elbow?

Let's review the basics of "tennis elbow" or lateral epicondylitis. It is a tendinopathy at the origin of the extensor carpi radialis brevis muscle. This muscle allows you to extend the wrist. Research has shown that this problem is due to degenerative changes rather than an **inflammatory process**. Often we associate inflammation with most forms of tendonitis, but not in this case.



Common causes and associations of lateral epicondylitis include repetitive wrist extension and forearm rotation. I treat this issue in athletes who perform multiple sets of dips, push ups, and chin ups, and, of course, in athletes who play racquet sports. In addition, **tennis elbow** can present if a person's job involves extensive periods of repetitive motion at the elbow and wrist. I often see this in carpenters and manual laborers who use heavy power tools.

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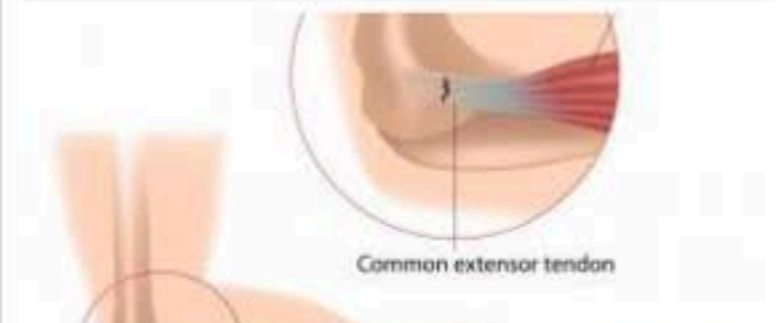
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