

Elbow Tendinopathies

Muiris Kennedy

Lateral Epicondylitis (Tennis elbow)

- Clinical
 - Forced middle finger extension – ECRB tendon
 - Point tender common extensor origin
 - Cozen's, Mills', Thomsen's tests



Medial Epicondylitis (Golfer's elbow)

- Clinical
 - Relates to pronator teres tendon in particular
 - Ulnar nerve symptoms occasionally

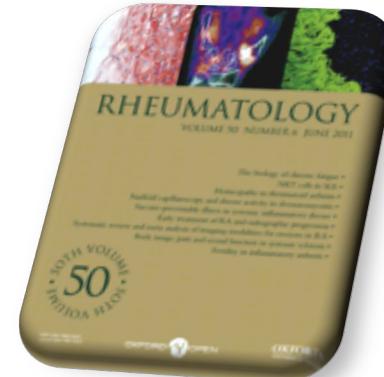
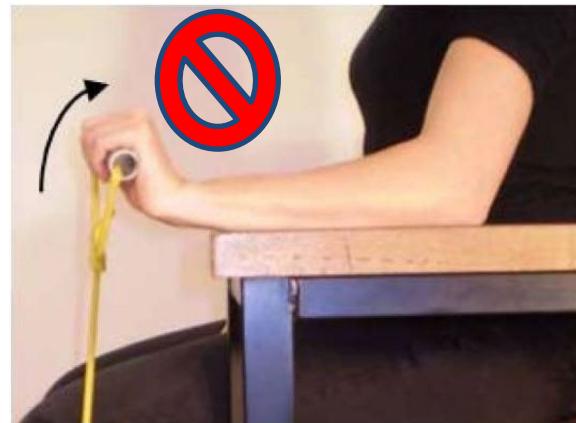
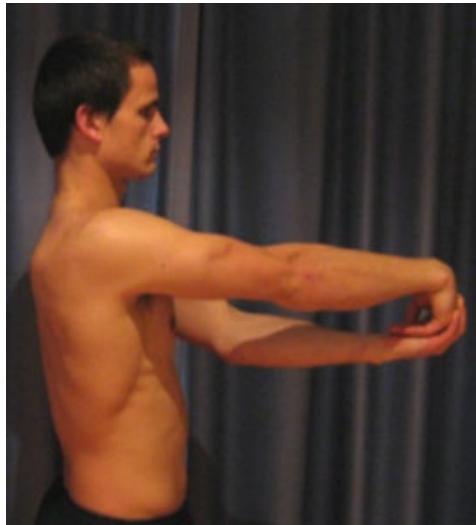
Lateral Epicondylitis (Tennis elbow)

- Treatment
 - Non operative
 - Relative rest
 - Activity modification
 - Counterforce bracing
 - Physiotherapy
 - ECSW, Laser, Ultrasound
 - Injection – What?



Lateral Epicondylitis (Tennis elbow)

- Physiotherapy
 - Stretches
 - Eccentric strengthening - lengthen



How do eccentric exercises work
Rheumatology (2008) 47 (10): 1444-1445

Lateral epicondylitis – Physical Rx

ECSWL

A Randomized Controlled Trial of Extracorporeal Shock Wave Therapy for Lateral Epicondylitis (Tennis Elbow)

MARGARET P. STAPLES, ANDREW FORBES, RONNIE PTASZNIK, JEANINE GORDON and RACHELLE BUCHBINDER



Conclusion. Our study found little evidence to support the use of ESWT for the treatment of lateral epicondylitis and is in keeping with recent systematic reviews of ESWT for lateral epicondylitis that have drawn similar conclusions. (First Release Sept 15 2008; J Rheumatol 2008;35:2038–46)

Medicine (Baltimore). 2020 Jul 24;99(30)

Similar findings for; Orthoses, US Rx, Pulsed Magnetic Wave, Laser...

Lateral Epicondylitis

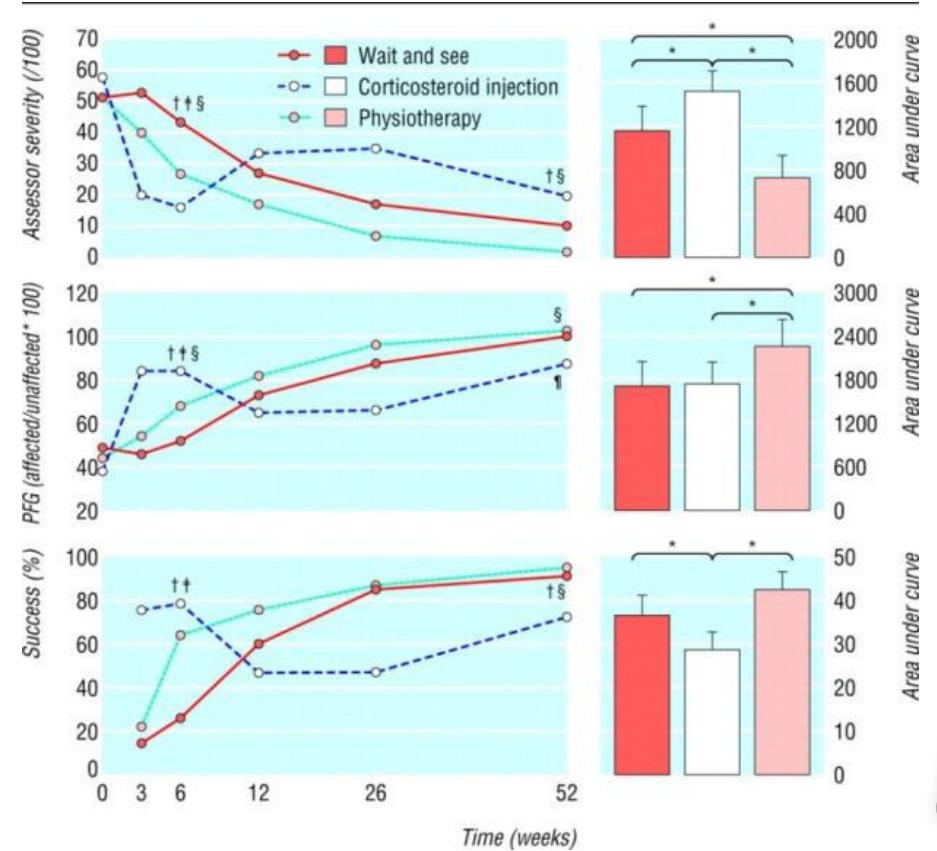
Injections

- Local anaesthetic and steroid
- Botox
- Autologous whole blood
- Platelet rich plasma

Lateral Epicondylitis

Injections

- Local anaesthetic and steroid



BMJ

Bisset L, Beller E, Jull G, et al: Mobilisation with movement and exercise, corticosteroid injection, or wait and see for tennis elbow: Randomised trial.

BMJ; 2006;333:939

Efficacy and safety of corticosteroid injections and other injections for management of tendinopathy: a systematic review of randomised controlled trials

Brooke K Coombes, Leanne Bisset, Bill Vicenzino

Short term benefit

Lancet. 2010 Nov 20;376(9754):1751-67

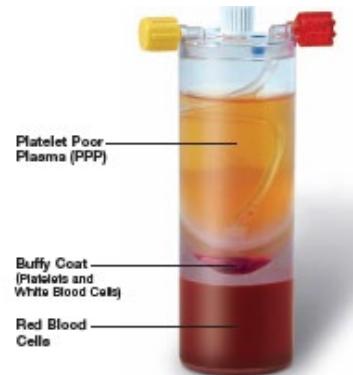
Long term worse off

Olaussen et al .BMC, 2015

Lateral Epicondylitis

Injections

- Local anaesthetic and steroid
- Hyaluronic acid
- Botox
- Blood
- Platelet rich plasma - PRP



PRP Vs Dry Needling(2014)

PRP Vs Physiotherapy (2018)

Cochrane Database Syst
Rev. 2021 Sep 30;9(9)

Positive Effect of an Autologous Platelet Concentrate in Lateral Epicondylitis in a Double-Blind Randomized Controlled Trial : Platelet-Rich Plasma Versus Corticosteroid Injection With a 1-Year Follow-up

Joost C. Peerbooms, Jordi Sluimer, Daniël J. Bruijn and Taco Gosens

Am J Sports Med 2010 38: 255

DOI: 10.1177/0363546509355445

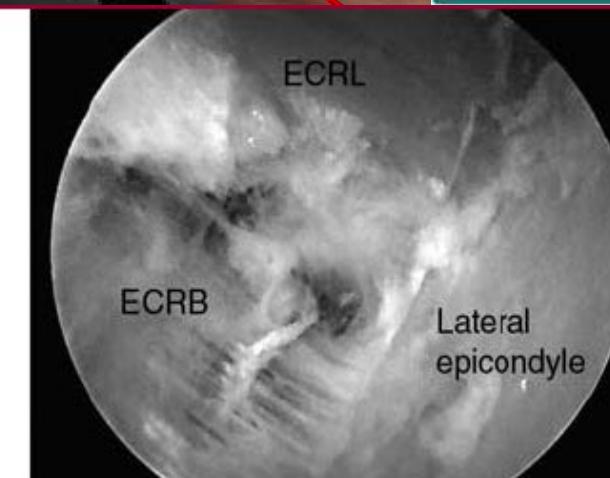
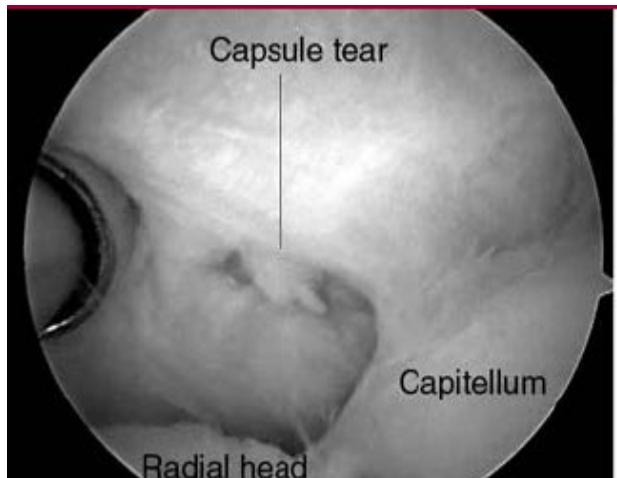
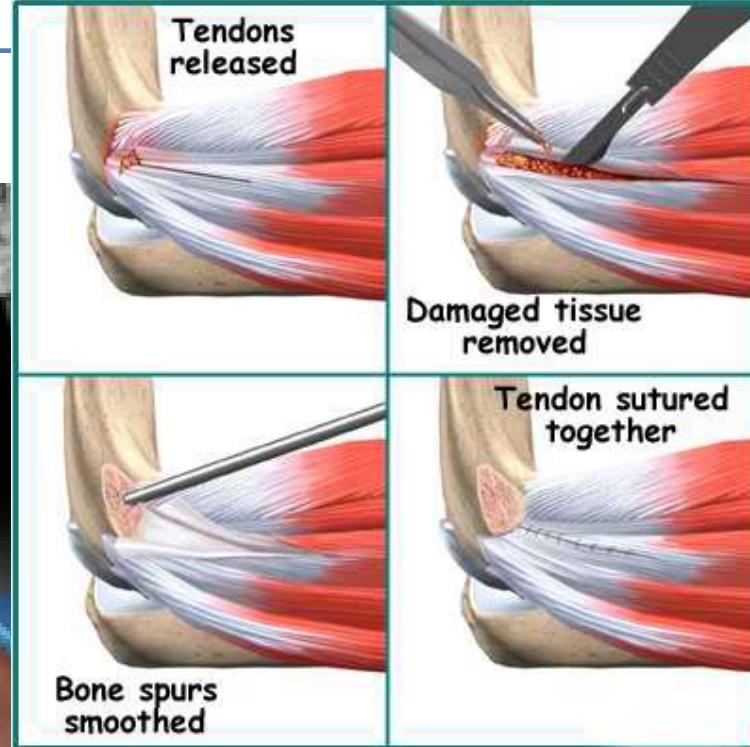


Am J Sports Med 2010 38: 255

Beacon Hospital

Operative - Lateral epicondyle

- Percutaneous
- Open
- Arthroscopic



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What I do –

- No magic bullet – Non operative 6 months
- Reassure – Hurts, but no long term harm
- Physiotherapy +/- dry needling
- No good evidence for physical Rx.
- Injection
 - Minimise or no steroids
 - Try PRP
- Open release - 10%

Thank You