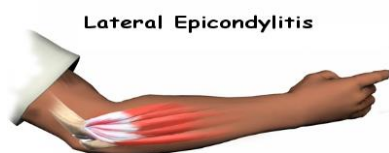


## LATERAL EPICONDYLITIS (Tennis Elbow)

➡ Do you experience....

- Pain in your elbow with gripping
- “Burning” in your elbow and forearm
- Pain when you straighten out or bend your elbow all the way

If so, you may suffer from  
**LATERAL EPICONDYLITIS**  
*also known as “tennis elbow”*



Tennis elbow is a painful condition of the elbow caused by overuse. Not surprisingly, playing tennis or other sports such as golf can cause this condition.

Tennis elbow is an inflammation of the tendons that join the forearm muscles on the outside of the elbow. The forearm muscles and tendons become damaged from overuse — repeating the same motions again and again. This leads to pain and tenderness on the outside of the elbow.

You may benefit from Hand Therapy with treatment focusing on activity modification, splinting, strengthening, modalities, stretching, and soft tissue massage.

If you have hand pain that won't go away, schedule an appointment with one of the surgeons at the Hand Center of Southwestern Ohio.

**The Hand Center of Southwestern Ohio**  
**1-800-824-9861**

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