

# Lateral Epicondylitis and Overuse Syndrome: Is it Work Related?

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Hand and Elbow Surgery

Premier Care Orthopedics

St Louis, MO

A. The Silver Bridge

B. A (brief) History of Tennis Elbow

C. Lateral Epicondylitis

1. The Facts

a. Incidence

b. Natural history

2. Anatomy

a. extensor carpi radialis brevis (ECRB)

3. Pathogenesis

a. tendinosis of the ECRB

b. synovial plica and impingement

D. Symptoms

a. pain

b. decreased grip/lifting strength

E. Physical Exam

a. tenderness over lateral epicondyle/extensor tendon origin

b. pain increased with resisted wrist extension/long finger extension

F. Other Studies

a. xray, MRI of limited value

**G. Is it work related?**

1. The research

2. The Hawthorne effect

3. My perspective

## H. Treatment

### 1. Nonoperative Management

- a. anti-inflammatories
- b. braces
- c. physical therapy
- d. activity modification/work restrictions
  - i. no lifting more than 5lbs., no repetitive gripping or grasping
  - ii. avoid pronated lifting and extension of the elbow
- e. cortisone injection
- f. Tenex
- g. outcomes

### 2. Surgical Treatment

- a. open debridement
- b. arthroscopic debridement

## I. Postoperative protocol

- 1. Work restrictions
- 2. Return to work expectations
  - a. start PT at 4 weeks for strengthening and modalities
  - b. return to full duty 6-8 weeks
  - c. MMI 8-12 weeks
  - d. work hardening if goals are not being met

## J. Complications

- 1. infection
- 2. nerve injury
- 3. failure
- 4. recurrence

K. Results

1. Research
2. Personal experience
2. Limitations of our knowledge and research
3. My perspective

L. Conclusions/Questions

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