NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Lateral Epicondylitis (Tennis Elbow)

Explanation of Diagnosis

Tennis elbow, or **lateral epicondylitis**, is caused by **overuse of the forearm extensor tendons**, which attach to the **lateral epicondyle (outer elbow)**. It results from **repetitive wrist extension, gripping, or twisting motions**, leading to **pain, tenderness, and weakness in the forearm and wrist**. Despite its name, **anyone who performs repetitive arm motions (e.g., typing, lifting, using tools) can develop tennis elbow**.

Specific Work Modifications

- **Avoid repetitive gripping, twisting, or wrist extension movements** (e.g., using tools, typing, lifting heavy objects).
- **Use ergonomic tools** with larger grips to reduce strain.
- **Take frequent breaks** to stretch and rest the arm.
- **Wear a forearm strap (counterforce brace)** to reduce stress on the tendons.
- **Modify workstation** setup (ergonomic keyboard/mouse, proper desk height).

Specific Activity Modifications

- **Avoid** activities that involve repetitive wrist extension, gripping, or twisting (e.g., tennis, golf, weightlifting, playing an instrument).
- **Modify workouts** by reducing resistance on the affected arm and focusing on lower body or core strength.
- **Use proper technique and equipment adjustments** to reduce strain (lighter grip, proper wrist positioning).
- **Gradually return** to activities once pain decreases, starting with light resistance and proper warm-ups.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports tendon repair.
- **Vitamin C (500 mg daily)** - Aids in collagen synthesis.
- **Magnesium (300-400 mg daily)** - Helps muscle relaxation and recovery.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation.
- **Turmeric (500 mg twice daily)** - Natural anti-inflammatory.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Anti-inflammatory foods**: Fatty fish (salmon, sardines), berries, nuts, turmeric, and leafy greens.
- **Collagen-boosting foods**: Bone broth, citrus fruits, and bell peppers.
- **Protein-rich foods**: Chicken, eggs, lentils, and dairy to support tendon healing.
- **Limit processed foods and excessive sugar**, which can worsen inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain tendon hydration.
- **Limit caffeine and alcohol**, which can slow healing.

Home Exercise Prescription

Perform **2-3 times daily** to improve mobility and strengthen the elbow safely:

1. **Eccentric Wrist Extension Exercise**
   - Hold a **light dumbbell (1-3 lbs)** in the affected hand.
   - Slowly **lower the wrist downward over 3-5 seconds**, then use the other hand to bring it back up.
   - **10 reps, 2-3 times daily.**
2. **Wrist Extensor Stretch**
   - Extend the arm with the palm facing down.
   - Use the opposite hand to **gently pull the fingers back**.
   - Hold **20-30 seconds, repeat 3 times.**
3. **Forearm Supination/Pronation Exercise**
   - Hold a **light weight (1-2 lbs)** with your elbow bent at 90°.
   - Rotate the palm **up and down slowly**.
   - **10 reps, 2-3 times daily.**
4. **Grip Strength Exercise** (if pain allows)
   - Squeeze a soft stress ball for **5 seconds, 10-15 reps, 2 times daily.**
5. **Towel Twist Exercise**
   - Hold a towel with both hands and **twist** as if wringing water out.
   - Perform **10 reps in each direction, 2 times daily.**

Avoid heavy lifting, repetitive gripping, or direct elbow pressure until symptoms improve.

Helpful Books

1. "*Framework for the Shoulder: A Practical Guide to Preventing Injury and Returning to Activity*" - Nicholas A. Dinubile, MD

2. "*Rebuilding Milo: The Lifter's Guide to Fixing Common Injuries and Building a Strong Foundation*" - Aaron Horschig

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.