

Tennis/Golfers' Elbow

Presentation

Lateral / Medial elbow pain with possible radiation distally

Likely insidious onset

Pain on isometric testing of wrist extensors (tennis elbow) or wrist flexors (golfers' elbow)

Pain with gripping activities

Usually unilateral



Referral to Physiotherapy / Consider NSAIDS



No Better after 3/12



Consider Injection



No Better



Secondary Care

Differential Diagnosis

Radial nerve entrapment / Radial tunnel syndrome

Symptom referral from C-Spine

Elbow joint OA

Posterior elbow impingement