

**Mayo Clinic Medical Edge**

**Tennis Elbow**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	LATERAL EPICONDYLITIS IS A PAINFUL CONDITION YOU PROBABLY KNOW BY ITS OTHER NAME; TENNIS ELBOW. TENNIS ELBOW RESULTS IN PAIN ON THE OUTSIDE PART OF THE ELBOW.
<b>Michael Stuart, M.D.</b> <b>Track 1 (9:35)</b>	"USUALLY FROM REPETITIVE WRIST EXTENSION AND FOREARM SUPINATING, WHICH MEANS TURNING THE PALM UP."
	LIKE THE MOTION USED IN HITTING A BACKHAND. AND DOING IT OVER AND OVER AND OVER, EXPLAINS MAYO CLINIC DR. MICHAEL STUART, CAN RESULT IN WEAR

	<p>AND TEAR TO THE TENDON ON THE OUTSIDE OF THE ELBOW. THE PAIN CAN AFFECT NOT ONLY YOUR GAME, BUT EVERYDAY ACTIVITIES TOO. TREATMENT STARTS WITH REST... AVOIDING THE ACTIVITIES THAT CAUSE THE IRRITATION. APPLYING ICE AND HEAT TO THE AREA CAN ALSO HELP</p>
<p><b>Dr. Stuart</b> <b>Track 1 (9:45)</b></p>	<p>“THERE HAVE BEEN SOME MIXED REVIEWS ON TREATMENTS SUCH AS INJECTIONS OF STEROIDS OR BOTOX, ALSO SHOCKWAVE THERAPY.”</p>
	<p>DR. STUART SAYS THERE IS ALSO A SMALL GROUP OF PATIENTS WHO MAY NEED SURGERY TO REPAIR THE DAMAGED TENDON.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>
