

TENNIS ELBOW/ LATERAL EPICONDYLALGIA

Physiotherapy - The Best of 3
Available Treatment Approaches



Physiotherapy vs. Wait and See Approach vs. Cortisone Injection

PHYSIOTHERAPY

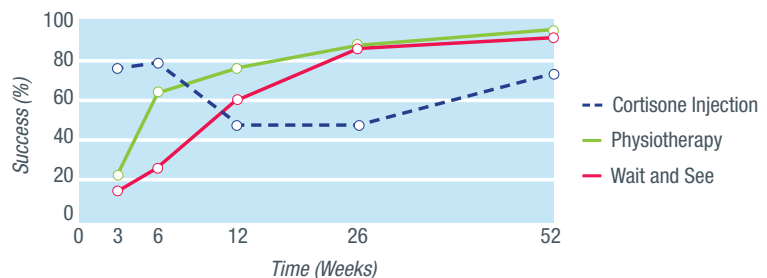
- Reduces the time taken to improve pain (i.e. provides short-term benefit)
- Reduces the recurrence and delayed recovery associated with alternative interventions such as corticosteroid injection (i.e. provides improved long-term outcomes).
- When compared with a wait-and-see approach or corticosteroid injection, a physiotherapy program involving exercise is associated with a greater reduction in severity and greater success in both the short and long term.

WAIT AND SEE APPROACH

- Symptoms will usually resolve within 6-12 months with simple education and advice
- Many patients will still seek active treatment
- If adopting this approach and pain fails to ease for >6-12 weeks RACGP guidelines recommend Physiotherapy referral

CORTISONE INJECTION

- Guidelines do not recommend cortisone injection for tennis elbow
- Evidence shows short-term (4-6 weeks) pain reduction only, but delayed recovery and worse outcomes in the long-term
- In the long-term cortisone likely does more harm than good in patients with tennis elbow



REFERENCES

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