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## ***LATERAL EPICONDYLITIS / TENNIS ELBOW***

**A. ACTIVITY LEVEL:**

TRY TO AVOID REPETITIVE GRASPING AND WRIST AND ELBOW MOTIONS. CERTAINLY MINIMIZE LIFTING.

**B. ICE:**

ICE 15 MINUTES AT A TIME WHENEVER THE AREA BECOMES MORE AGGRAVATED OR YOU HAD BEEN MORE ACTIVE.

**C. HEAT:**

TRY TO USE HEAT 15 MINUTES AT A TIME SEVERAL TIMES A DAY.

**D. EXERCISES:**

WORK ON STRETCHING OF THE ELBOW AND THE WRIST AS TAUGHT IN THE OFFICE FOR ONE TO TWO MINUTES SEVERAL TIMES A DAY. THE MORE OF THIS THAT CAN BE DONE THE BETTER.

**E. ANTI-INFLAMMATORIES:**

ANTI-INFLAMMATORIES CAN BE TAKEN IF YOUR MEDICAL CONDITION ALLOWS AND YOUR GASTROINTESTINAL TRACT CAN TOLERATE THESE. THESE CAN BE TAKEN IN THE FORM OF ALEVE OR ADVIL/MOTRIN. ALEVE IS TAKEN AS TWO PILLS FOR A TOTAL OF 440 MG TWICE A DAY. IBUPROFEN WHICH IS MOTRIN OR ADVIL IS TAKEN ANYWHERE FROM 400 TO 800 MG THREE TIMES A DAY. THIS WILL BE TWO TO FOUR PILLS THREE TIMES A DAY.

**F. BRACES:**

THE WRIST BRACES SHOULD BE WORN 24 HOURS A DAY AND THE STRAP AROUND THE UPPER FOREARMS / ELBOW AREA SHOULD BE WORN DURING WAKING HOURS.