

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Lateral Epicondyle Release (Tennis Elbow)**

**Problem**

- Pain on the lateral aspect of the elbow

**Cause**

- Micro tears in part of the extensor origin (ECRB) fail to heal

**Diagnosis**

- Pain is felt on the lateral aspect of the elbow
- Exacerbated by wrist extension
- Pinpoint tenderness just distal to lateral epicondyle
- Ultrasound can show micro tears

**Treatment**

- Non Surgical – Physiotherapy
- Counterforce Bracing
- Injection – Steroid/Blood
- Surgical - GA
- 4cm incision over the lateral epicondyle
- Debridement of abnormal tissue (ECRB)
- Freshen bone
- Closure

**Potential Complications**

- Wound infections, stiffness , residual pain

**Post Op Care**

- Bulky bandage 2/52
- Removal of sutures at two weeks
- Physiotherapy, stretching and strengthening programme