

Tennis Elbow and Golfer's Elbow

General Information

Tennis elbow and golfer's elbow are two common types of elbow pain.

- Tennis elbow refers to pain located on the outside of your elbow.
- Golfer's elbow refers to pain located on the inside of your elbow. Anyone can develop tennis elbow or golfer's elbow.

These kinds of elbow pain can be caused by:

- overusing your arm
- repeating the same forearm movement over and over (such as carpenters hammering all day)
- improper sports equipment (tennis racquet too heavy)
- improper motion.

For both conditions, an inflamed tendon causes the pain. A tendon is tissue that connects muscle to bone. Overuse or repetitive movements can cause tiny tears in tendons. If the tears don't heal, the tendon can become inflamed and painful.

Treating Tennis Elbow and Golfer's Elbow

Your health care provider may suggest a number of treatments for your painful elbow. These may include:

- stopping the activity that triggered your elbow pain
- applying ice to reduce swelling
- taking aspirin or ibuprofen to reduce inflammation
- wearing a brace or splint
- receiving cortisone-based steroidal injections
- doing exercises as prescribed.

Information adapted from the National Institutes of Health.