

# Tennis Elbow

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Also termed lateral epicondylitis, this is a common cause of lateral elbow pain. Pain is often experienced with gripping tasks or activities involving wrist extension (bending the wrist backwards).

If these actions are performed repetitively they may cause an overload of the tendon where the wrist extensor muscles insert into the elbow. Racket sports such as tennis and squash and occupations such as carpentry, bricklaying and sewing may predispose people to the development of tennis elbow due to the repetitive nature of gripping wrist movements.

