

LATERAL EPICONDYLALGIA (TENNIS ELBOW): EVALUATION AND CONSERVATIVE MANAGEMENT



Lateral epicondylalgia (LE), more commonly known as tennis elbow, is the most common chronic musculoskeletal pain condition affecting the elbow, causing significant pain, disability and lost productivity. Despite decades of research investigating treatments and the underlying mechanisms of LE, it remains a challenging condition for therapists and researchers alike. This topical review outlines the prevalence, burden and risk factors associated with LE. Diagnosis, assessment and the principles of management are also presented.

Upon completion of this course, you will be able to:

- Define lateral epicondylalgia, and identify the anatomy involved, incidence and prevalence.
- Identify typical diagnostic and assessment approaches to confirm the diagnosis, and rule out other conditions.
- Determine appropriate outcome measures to use in evaluation and assist with assessing progress.
- Identify and understand at least 3 appropriate interventions supported in the literature to address symptoms associated with lateral epicondylalgia.

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Contact Hours: 4 Hours / 4 PDRs (AOTA CEUs—0.4)

Cost: \$25 / Participant

Instructional Methods: Online Independent Self-Study (Training + Post-Test). A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

Target Audience: PTs, PTAs, OTs, OTAs and Other Healthcare Professionals

Educational Level: Intermediate

Prerequisites: None

AOTA Classification Codes: Category 2—Occupational Therapy Process

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