



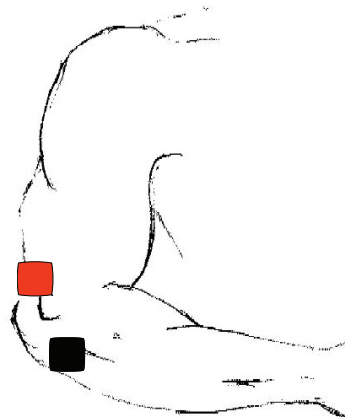
Lateral Epicondylitis ("Tennis Elbow")

Lateral Epicondylitis ("Tennis Elbow") is an overuse injury involving the extensor/supinator muscles that originate on the lateral epicondylar region of the distal humerus. Many proposed etiologies for this condition have involved inflammatory processes of the radial humeral bursa, synovium, periosteum, and the annular ligament. Recent research shows inflammation from microscopic tearing with formation of reparative tissue (ie, angiofibroblastic hyperplasia) in the origin of the extensor carpi radialis brevis muscle. This condition creates a great deal of discomfort and pain that can be decreased significantly with the use of TENS.

Suggested Electrode Placement

2-pad placement

Place electrode pads over proximal forearm over the extensor muscle group



Suggested Treatment Parameters

Mode: Modulated

Pulse rate: 100-120 Hz

Pulse width/duration: 50-150 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

Mode: Continuous

Pulse rate: 80-100 Hz

Pulse width/duration: 50-100 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

