

Painful elbow syndrome(especially medial & lateral epicondylitis), how I treat my patients

Lee Heonsang.M.D.
Grace orthopedic clinic,seoul,korea.

Among the painful elbow syndrome, lateral and medial epicondylitis are very common diseases in outpatient clinics. There have been many treatments such as, medicine, physical therapy including heating and electrical stimulation,local steroid injection,autologous blood injection, PRP, prolotherapy, botulinum toxin injection, ESWT, high intensity laser therapy,and many kinds of exercise. I have tried many different kinds of treatments since 1996. In addition to that, I have reviewed many scientific medical articles.

My conclusion is

- 1.The most dangerous and harmful method is the use of local steroid injections.
- 2.considering cost effectiveness and least amount of side effects,make patients understand the natural history of self limited disease and encourage eccentric stretching exercises with or without medicine.
- 3.to shorten the disease period,add prolotherapy and ESWT to eccentric stretching exercise.