ORTHOPAEDIC INITIAL VISIT -  ELBOW LATERAL EPICONDYLITIS

HPI:   PAIN IN LATERAL   ELBOW, WORSE WITH GRIP, NO PREVIOUS INJURY NOR SURGERY.  HANDED.

EXAM:

    WHICH ELBOW?: 

    MOTION: 

    PAIN LOCATION: 

    PAIN WITH RESISTED WRIST EXTENSION?:  

     PAIN ON RESISTED FOREARM SUPINATION?: 

X-RAY: 

ASSESSMENT: LATERAL EPICONDYLITIS  ELBOW

PLAN:  AFTER ETHYL CHLORIDE-ALCOHOL-BETADINE PREP, INJECTED OVER AND AROUND  LATERAL EPICONDYLE AS BELOW.

ICE PACK TONIGHT. ANTI-INFLAMMATORY OTC CREAM BID PRN DISCOMFORT.  COUNTER FORCE ORTHOSIS WEAR INSTRUCTED.

RETURN 4 WEEKS.  MIGHT NEED FULL SERIES OF THREE INJECTIONS TO RESOLVE PROBLEM.

NO X RAYS NEEDED NEXT VISIT.