



TENNIS ELBOW: WHAT WORKS, WHAT DOESN'T

90% IMPROVE WITH NON-OPERATIVE CARE IN 12-18 MONTHS

SHOCKWAVE THERAPY

NON-INVASIVE
OPTION, MAY REDUCE
PAIN

ACTIVITY MODIFICATION

SHORT TERM RELIEF ONLY

**AUTOLOGOUS BLOOD
INJECTIONS**

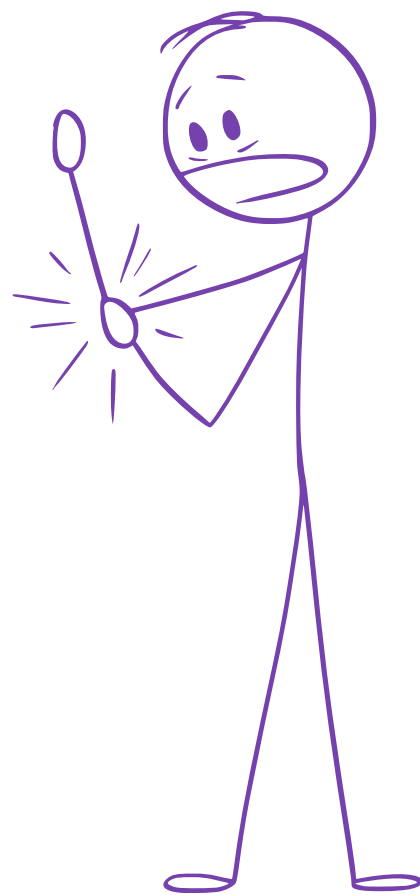
SIMILAR TO PRP

PRP INJECTIONS

SUPERIOR TO
STEROIDS

NSAIDS

TOPICAL > ORAL,
BEWARE GI SIDE
EFFECTS



PHYSICAL THERAPY

BEST FOR LONG-
TERM OUTCOMES

COUNTER BRACING

SHORT TERM
EFFECTS

**CORTICOSTEROID
INJECTIONS**

QUICK RELIEF, BUT
WORSE LONG TERM
OUTCOMES

ACUPUNCTURE

EVIDENCE CONTROVERSIAL,
SHORT-TERM ONLY

WHEN TO CONSIDER SURGERY:

AFTER 6-12 MONTHS OF FAILED CONSERVATIVE CARE

MOST PATIENTS DO WELL LONG TERM

AHMED. EUR J ORTHOP SURG TRAUMATOL. 2023

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