Tennis Elbow Injection

Indications:
(Pain relief for)
- Lateral epicondylitis

Contraindications:
- Lack of consent, allergy to medication, overlying skin infection

Equipment:
- 3ml syringe
- 1 ½ ml -1% lidocaine
- ½ ml kenalog (40mg/ml)
- 25G 1 inch needle
- betadine swabs
- alcohol swabs
- ethyl chloride spray

Procedure tips/troubleshooting:
- Mark the injection site prior to cleaning skin.
- Do not get needle too close to ethyl chloride spray, this can result in a frozen needle.
- Advance the needle until it touches the lateral epicondyle and then withdraw 1-2mm before injecting the medication.
- During the injection of the medication, the common extensor tendon area should be infiltrated.