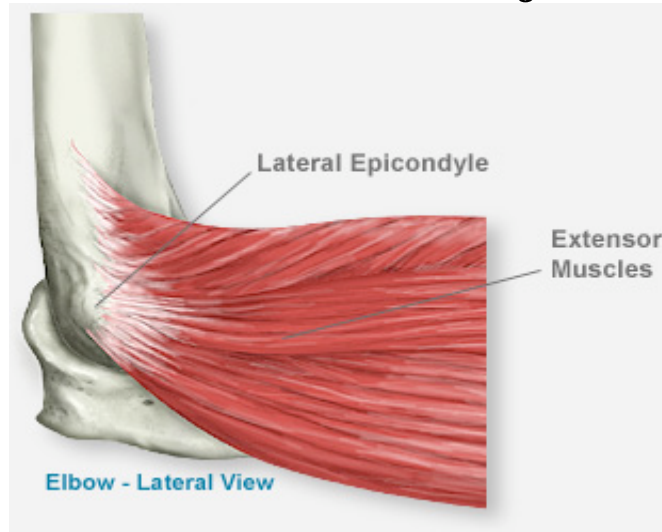




**Texas Tech MedCast**  
**Podcast Episode Fact Sheet**  
**Texas Tech Sports Medicine Series**

## 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.

