

# February 2014 Newsletter!

**Guilford Orthopaedic and Sports Medicine Center**  
A Division of Southeastern Orthopaedic Specialists, P.A.  
"We work to keep you playing!"

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Happy Valentines Day from Guilford Orthopaedic and Sports Medicine Center! Our office will be closed for Saturday clinic on February 1, 2014 and will re-open at 8 a.m. on Monday February 3, 2014.



## *Dr. Chandler discusses Tennis Elbow!*

Pain on the outside of the elbow is something that affects many people at some time in their life. There are several bony bumps around the elbow and the one on the outside is called the lateral epicondyle. This seems to be an area of our body that is particularly prone to soreness and when there is inflammation and pain in this area we call it lateral epicondylitis. This is also called "tennis elbow". But you don't have to play tennis to get this problem. Any activity with repetitive extension and flexion of the wrist and elbow may lead to this problem.



Patients with this problem may notice not only tenderness over the outside of the elbow, but pain when they try to grip something or shake hands.

Diagnosis is usually made by physical exam, but sometimes x-rays can be helpful to make sure there is not something else going on. MRI is rarely needed, but sometimes in cases that are not getting better with treatment.

Most people will get better with nonsurgical treatment which includes rest, anti-inflammatory medicines, icing, bracing, and sometimes steroid injections.

If the symptoms do not respond to this type of treatment for an extended period, sometimes surgery is recommended, but this is usually not necessary.

If you start to develop pain on the outside of your elbow, think about the activities you are doing and try to give your elbow some rest. Try some icing, anti-inflammatory medicines, and if those things aren't working come in and see us and we can help you on the road to recovery.

**Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!**



We are open Saturdays from 9am until 1pm.

Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 1130 N. Church Street Suite 101 Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.