

**Session 2.10 - Lateral, medial epicondylitis and calcific tendonitis**

**Objectives:**

1. Define lateral epicondylitis, medial epicondylitis, and calcific tendonitis.
2. Discuss the relevant anatomy of the lateral epicondyle and medial epicondyle.
3. Discuss the treatment options for lateral epicondylitis, medial epicondylitis, and calcific tendonitis.

**Primary Resources:**

1. Elbow Tendonopathy (ASSH Hand.e) (53:35)  
<https://www.assh.org/hande/s/watch?id=aBP0a000000MwWaGAK>
2. Tests for Tennis Elbow  
[https://www.physio-pedia.com/Mill%E2%80%99s\\_Test](https://www.physio-pedia.com/Mill%E2%80%99s_Test)
3. General Elbow stiffness exercise videos  
<https://bess.ac.uk/exercises-for-elbow-stiffness/>



<https://s.surveypal.com/2bde2pll>