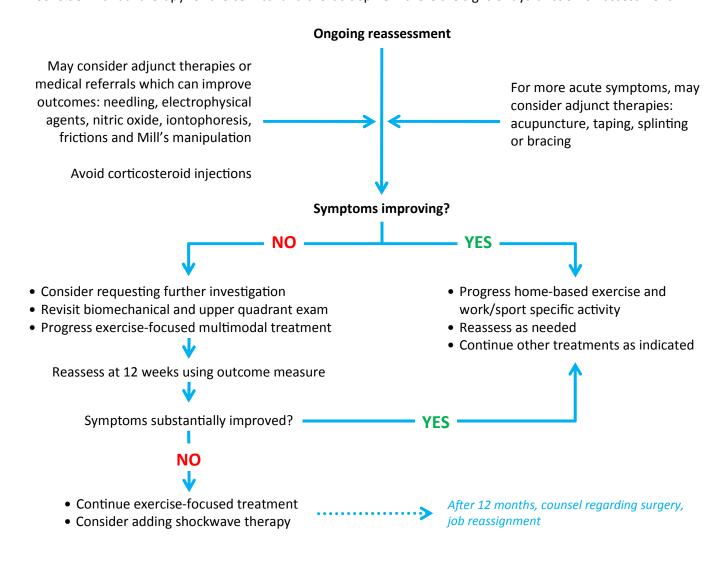


- Baseline assessment with outcome measures (see Appendix F)
- Education on load management, ergonomics, biomechanics
- Strongly consider controlled tendon loading exercise as well as elbow mobilization with movement if effective
- Consider manual therapy for the cervical and thoracic spine if there are signs of dysfunction on assessment\*\*



- \* Differential diagnoses include: nerve entrapment, neuropathic pain, chronic pain syndrome, referred pain (cervical, neuro-myofascial), synovitis of radiohumeral joint, radiohumeral bursitis, osteochondritis dissecans, generalized inflammatory disorder
- \*\* Evaluate response to manual therapy and incorporate into treatment if patient experiences pain-relief

Developed by the BC Physical Therapy Tendinopathy Task Force: Dr. Joseph Anthony, Dr. Angela Fearon, Diana Hughes, Carol Kennedy, Dr. Alex Scott, Michael Yates, Alison Hoens.