

“Lateral Epicondylitis” Knowledge Test Correct Answers

Self-Evaluation Question 1

Lateral epicondylitis could be best described as:

1. Local inflammation of peri-epicondylar tendons.
2. Non-inflammatory tendon degeneration and impaired repair. ✓
3. Sprain/strain of the common extensor tendon.

Self-Evaluation Question 2

Lateral epicondylitis primarily affects the origin of:

1. Extensor carpi ulnaris
2. Extensor communis
3. Extensor carpi radialis brevis ✓
4. Brachioradialis

Self-Evaluation Question 3

Which of the following statements **incorrectly** describes lateral epicondylitis?

1. Pain with active wrist extension.
2. Pain with passive forearm supination. ✓
3. Pain with active middle finger extension.
4. Pain with passive wrist flexion / ulnar deviation.

Self-Evaluation Question 4

The average success rate of surgical treatment of lateral epicondylitis in the general population is:

1. Less than 50%
2. 50 to 70%
3. Greater than 70% ✓

Self-Evaluation Question 5

Which of the statements regarding investigations in lateral epicondylitis is **incorrect**.

1. MRI is capable of detecting tendon changes.
2. Ultrasound is capable of detecting tendon changes.
3. Xrays detect calcification in extensor tendon in as many as 25% of cases.
4. EMG is useful in ruling out nerve entrapment. ✓

Self-Evaluation Question 6

Which of the following is used to monitor therapeutic progress in lateral epicondylitis.

1. Grip strength. ✓
2. Lifting a 3-pound weight with elbow in full extension and wrist supinated.
3. Passive wrist extension.
4. Active wrist flexion.

Self-Evaluation Question 7

Nonsteroidal anti-inflammatory drugs such as ibuprofen have been shown to be effective in reducing the duration of lateral epicondylitis.

1. True
2. False ✓

Self-Evaluation Question 8

Counterforce bracing has been demonstrated to be effective treatment for lateral epicondylitis.

1. True
2. False ✓

Self-Evaluation Question 9

In return to work planning, which of the following is true.

1. Modification of duties is seldom necessary
2. In difficult cases, begin return to work at about 2 hours per day
3. ASTD treatment programs are mostly limited to physical therapies
4. Reporting restrictions more important than reporting when RTW can begin. ✓

Self-Evaluation Question 10

Which of the following exercises are thought to be the most beneficial in treating Lateral Epicondylitis

1. Passive stretching
2. Concentric strengthening
3. Isometric strengthening
4. Eccentric strengthening ✓

Self-Evaluation Question 11

The following conditions are similar in process to Lateral Epicondylitis, except:

1. Plantar fasciitis
2. Rotator cuff tendonitis
3. Sacroileitis ✓
4. Dequervain's tenosynovitis
5. Trigger finger

Self-Evaluation Question 12

Which of the following is significantly correlated with developing lateral epicondylitis.

1. Force ✓
2. Wrist/elbow postures
3. Repetition
4. Ambient temperature

Self-Evaluation Question 13

Corticosteroid injections for lateral epicondylitis have been shown to result in:

1. Temporary aggravation of symptoms followed by good long term recovery.
2. Better long term outcome than physiotherapy.
3. Early improvement but no better than physiotherapy in long term. ✓
4. Better long term outcome than doing nothing.

Self-Evaluation Question 14

Radial tunnel syndrome is distinguished from lateral epicondylitis by:

1. Maximal tenderness in the antecubital fossa.
2. Pain, tingling and weakness in the radial nerve distribution distal to the elbow.
3. Radiation of pain proximal to the lateral epicondyle.
4. Maximal tenderness distal and medial to lateral epicondyle. ✓

Self-Evaluation Question 15

In the general population, lateral epicondylitis:

1. Affects males and females equally. ✓
2. Is most common in individuals under the age of 30.
3. Affects the dominant and non-dominant arms equally.
4. Is more common than carpal tunnel syndrome in the working population.

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