

# Tennis Elbow Test

## (Cozen's Test)

<b>Name:</b>	<b>Date:</b>
<p>The Tennis Elbow Test, also known as Cozen's Test, is a clinical examination used by healthcare professionals to assess for lateral epicondylitis, commonly known as tennis elbow.</p> <p>Tennis elbow is a condition characterized by pain and tenderness on the outer part of the elbow, typically caused by overuse or repetitive strain of the forearm muscles that attach to the lateral epicondyle, a bony prominence on the outer part of the elbow.</p>	
<b>Instructions</b>	
<ol style="list-style-type: none"><li>1. Have the patient sit or stand comfortably with their affected arm straight in front of them, palm down, and wrist extended.</li><li>2. Hold the patient's forearm just above the wrist with one hand to keep it steady during the test.</li><li>3. Place your thumb over the middle finger knuckle and your fingers on the back of the hand near the fingertips.</li><li>4. Apply resistance as the patient tries to extend their wrist and fingers against your resistance.</li><li>5. Keep an eye out for any signs of pain or discomfort from the patient during the resisted wrist extension, especially on the outer part of the elbow.</li><li>6. After releasing the resistance, press on the bony bump on the outer part of the elbow (lateral epicondyle) to check for tenderness.</li><li>7. If the patient feels pain during resisted wrist extension and/or has tenderness on the lateral epicondyle, the test may be positive for lateral epicondylitis or tennis elbow. A negative test may suggest other causes of elbow pain.</li><li>8. Write down your findings in the patient's record, including any pain or tenderness observed during the test.</li></ol>	
<b>Reminders</b>	
<ul style="list-style-type: none"><li>• Be mindful of the patient's comfort during the test. If the patient experiences excessive pain or discomfort, stop the test and assess the situation. Do not continue if it causes severe pain or exacerbates the patient's symptoms.</li><li>• The Tennis Elbow Test or Cozen's Test is just one component of a comprehensive evaluation for lateral epicondylitis. It should be used in conjunction with the patient's history, symptoms, and other physical examination findings for an accurate diagnosis.</li><li>• Remember that other conditions, such as cervical radiculopathy, radial tunnel syndrome, or other types of elbow injuries, can present with similar symptoms. Consider a differential diagnosis and rule out other potential causes of elbow pain.</li></ul>	
<b>Notes</b>	