

Redefine.

Health Education

HawkGrips
Management of Tennis Elbow Utilizing IASTM
Course Syllabus

I. **Primary Instructor(s):**

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CV: provided separately

**future dates may be held with alternate instructors, we will send updated CVs at that time

II. **Financial Disclosures:** The authors and presenters of this content are consultants of HawkGrips. Instructors are compensated for contributing to/teaching HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

HawkGrips instruments and products are used for demonstration purposes. Demo instruments and products are also provided for lab-based instruction during live courses. Participants are under no obligation to use or purchase HawkGrips branded instruments or products at any time.

The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.

III. **Post Professional Learning Level:** Beginner/Basic

IV. **Statement of Non-Discrimination:** This course is made available to all *physical therapist and physical therapist assistant* licensees on a non-discriminatory basis.

V. **Verification of Attendance:** Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on to the post-course quiz and course evaluation in order to obtain credit & receive a completion certificate. All attendees who did not attend in its entirety will be given instructions on how they can watch the recorded webinar & will then be prompted to complete the same steps.

VI. **Statement of Relevance to PT Practice:** "Tennis Elbow" is a common orthopedic diagnosis that can cause significant disability. Understanding the patho and

arthrokinematics, assessment, differential diagnosis, and effective treatment of this challenging diagnosis will help the allied health professional initiate appropriate and effective evidence-based interventions.

VII. Differential Diagnosis content: This course contains < 0.1 hours of differential diagnosis content.

VIII. Mode of Instruction (select all that apply):

MODE	Definition	Place X, if applicable
Live, In-Person	Interactive, in-person (same physical space)	
Live, Virtual	Interactive, virtual classroom, synchronous*	X
Online Self-Paced	Asynchronous**, online, self-paced	X
Not Online Self-Paced	Asynchronous, text/workbook, self-paced	
Hybrid	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

IX. Course Description:

This 1-hr livestream webinar (and then on-demand, recording) is designed for clinicians to enhance their understanding of lateral epicondylalgia including screening, differential diagnosis, assessment, and management. There will be a short lecture reviewing clinical definition and presentation, pertinent anatomy and physiology, biomechanics, examination, and overall management, followed by a treatment demonstration utilizing IASTM. There will be an opportunity for Q & A and discussion following the presentation.

X. Course Outline/Schedule:

Module #	Module Title/Description	Reading Time/ Video Run Time
1	Pre-recorded Webinar (see schedule below)	1
	Quiz	
Total contact hours		1

Live Course Schedule:

Introduction & Lecture - 30 Minutes

- Introduction, review of course objectives, agenda
- Lecture on clinical definition, presentation, differential diagnosis, assessment and management of tennis elbow

Clinical Demonstration - 20 Minutes

- Live demo of treatment utilizing IASTM

Q & A - 10 Minutes

Quiz - 5 Minutes

XI. TOTAL Course Contact Hours Requested: 1 CEU

XII. Materials/Resources: Computer, phone, or any device with access to zoom. Participants are welcome to practice along w/ demonstration, but no instruments are required to take this course.

XIII. Course Objectives:

Following the completion of this course participants will be able to:

1. Summarize the clinical definition of LE
2. Describe how to assess for LE including mention of differential diagnosis
3. Provide proposed interventions for management of LE
4. List indications/precaution/contraindications for the use of IASTM
5. Describe how to scan and implement IASTM in the overall treatment of LE

XIV. Competency Demonstration: At the conclusion of the course, students must demonstrate a minimum of 80% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
Written Quiz	5 question multiple choice quiz, T/F	100
Possible Points	-----	100

Post-course Quiz:

1. Which of the following is an *absolute contraindication* to performing IASTM?
 - a. Diabetes
 - b. Increased redness of skin
 - c. Thrombophlebitis

- d. Post-operative patients
2. Which of the following is the most likely possible differential diagnosis to Tennis Elbow?
 - a. Labral Tear
 - b. Carpal Tunnel
 - c. Radial Nerve Tension/Compression
 - d. Biceps Tendon Rupture
 3. T/F: Weakness of the rotator cuff musculature will have no impact on s/s related to Tennis Elbow.
 - a. True
 - b. False
 4. T/F: IASTM should be the only treatment performed on a patient presenting with s/s of Tennis Elbow.
 - a. True
 - b. False
 5. Which of the following are common provocative tests for Tennis Elbow?
 - a. Mill's Test
 - b. Maudsley's Test
 - c. Palpation at lateral epicondyle
 - d. All of the above

XV. Course Evaluation

Following the course, participants will be directed to a google form for evaluation. Certificates will not be available until the evaluation is complete.

[Course Evaluation Example](#)

XVI. Complete Reference List:

Ashe, M. C., McCauley, T., & Khan, K. M. (2004). *Tendinopathies in the upper extremity: A paradigm shift. Journal of hand therapy, 17(3), 329-334.*

Arrigoni, P., Cucchi, D., Menon, A., & Randelli, P. (2017). *It's time to change perspective! New diagnostic tools for lateral elbow pain. Musculoskeletal surgery, 101(2), 175-179.*

Bisset, L., Beller, E., Jull, G., Brooks, P., Darnell, R., & Vicenzino, B. (2006). *Mobilisation with movement and exercise, corticosteroid injection, or wait and see for tennis elbow: randomised trial. Bmj, 333(7575), 939.*

Bunata, R. E., Brown, D. S., & Capelo, R. (2007). *Anatomic factors related to the cause of tennis elbow. JBJS, 89(9), 1955-1963.* Coombes, B. K., Bisset, L., & Vicenzino, B. (2015). *Management of lateral elbow tendinopathy: one size does not fit all. journal of orthopaedic & sports physical therapy, 45(11), 938-949.*

Cullinane FL, Boocock MG, Trevelyan FC. *Is eccentric exercise an effective treatment for lateral epicondylitis? A systematic review. Clin Rehabil. 2014 Jan;28(1):3-19. doi: 10.1177/0269215513491974. Epub 2013 Jul 23. PMID: 23881334.*

Fedorczyk, J. M. (2012). *Tendinopathies of the elbow, wrist, and hand: histopathology and clinical considerations*. *Journal of Hand Therapy*, 25(2), 191-201.

Goris Nazari, Pavlos Bobos, Joy C. MacDermid, Trevor Birmingham, *The Effectiveness of Instrument-Assisted Soft Tissue Mobilization in Athletes, Participants Without Extremity or Spinal Conditions, and Individuals with Upper Extremity, Lower Extremity, and Spinal Conditions: A Systematic Review*, *Archives of Physical Medicine and Rehabilitation*, Volume 100, Issue 9, 2019, Pages 1726-1751, ISSN 0003-9993, <https://doi.org/10.1016/j.apmr.2019.01.017>.

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Lucado AM, Dale RB, Vincent J, Day JM. *Do joint mobilizations assist in the recovery of lateral elbow tendinopathy? A systematic review and meta-analysis*. *J Hand Ther*. 2019 Apr-Jun;32(2):262-276.e1. doi: 10.1016/j.jht.2018.01.010. Epub 2018 Apr 26. PMID: 29705077.

Maccio, J. R., Fink, S., Yarnzbowicz, R., & May, S. (2016). *The application of mechanical diagnosis and therapy in lateral epicondylalgia*. *Journal of Manual & Manipulative Therapy*, 24(3), 158-165.

Nabil, B. A., Ameer, M. A., Abdelmohsen, A. M., Hanafy, A. F., Yamani, A. S., Elhafez, N. M., & Elhafez, S. M. (2019). *The Impact of Tennis and Golfer's Elbow on Shoulder External Rotators and Abductors' Peak Torque*. *Journal of sport rehabilitation*, 29(4), 469-475.

Page, P. (2021). *The Need for Critical Thinking in Rehabilitation Research*. *International Journal of Sports Physical Therapy*, 16(4).

Sasaki, K., Onda, K., Ohki, G., Sonoda, T., Yamashita, T., & Wada, T. (2012). *Radiocapitellar cartilage injuries associated with tennis elbow syndrome*. *The Journal of hand surgery*, 37(4), 748-754.

Sevier, T. L., & Stegink-Jansen, C. W. (2015). *Astym treatment vs. eccentric exercise for lateral elbow tendinopathy: a randomized controlled clinical trial*. *PeerJ*, 3, e967.

Speicher T, Selkow NM, Warren AJ. *Manual Therapy Improves Immediate Blood Flow and Tissue Fiber Orientation of the Forearm Extensors*. *J Phys Med Rehabil*. 2022;4(2):28-36.

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