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Epicondylitis (Tennis Elbow)

Work Related Upper Limb Disorder Guides

1 What's Epicondylitis?

You've probably heard of this condition but not by this name. A lot of sporting injuries are forms of epicondylitis, particularly Tennis Elbow or Golfer's Elbow.

The condition affects the tendons that connect to the bone at the elbow causing inflammation. It's made worse by repeated strain being placed on the forearm muscles from constant twisting and extending of the arms.

2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation.

If you'd like to discuss your situation, you can call us on

0800 122 3130