

CHT Classification System: Lateral Epicondylitis

	Type I - Acute LE	Type II - Mild Chronic	Type III - Moderate Chronic	Type IV - Severe Chronic- Responsive	Type V - Severe Chronic - Non-Responsive
Symptom Timeline	6 weeks - 3 months	> 3 months	> 3 months	> 3 months	> 3 months
Typical Complaint	Report of a distinct painful event	Pain is primarily with use	Pain primarily with use but may linger after specific tasks	Pain with use and at rest. Pain may not be persistent throughout the day	Significant traumatic event with onset. Gradually worsening pain with use of arm and at rest
Function	Limited use of the involved extremity	No significant change in activity levels	Changes reported in routine activities, especially sporting activities	Difficulty performing basic ADL's	Problems performing many aspects of daily living primarily due to pain and secondarily due to weakness
Pain Behaviors	Hesitant to have examiner touch them during exam Pain with the extensor wad on stretch	Discomfort with palpation of the LE and mild pain behaviors with deep palpation Possible pain reports with the extensor wad on stretch	Pain behaviors with deep palpation of the LE Possible pain behaviors with the extensor wad on stretch	Pain behaviors with deep palpation of the LE Wrist extensors on stretch is not necessarily painful	Pain behaviors with deep palpation of the LE Wrist extensors on stretch is not necessarily painful
Soft Tissue	Inflammation noted at common extensor attachment	Mild degenerative changes noted visually and upon palpation	Definite visual and palpable changes to the LE	Significant degenerative changes noted at the LE visually and upon palpation	Significant degenerative changes noted at the LE visual and palpable changes

Long Finger Extension Test	(+)	(-)	Possible (+)	(+)	(+)
AROM	AROM of elbow, forearm, wrist, and hand are all painful	AROM WNL	AROM WNL	AROM WNL	AROM WNL
MMT	Pain behaviors with testing of ECRB and EDC	Grade 5/5 ECRB and at least a 4/5 EDC with no significant pain behaviors	Grade 4/5 or 5/5 ECRB and at least a 4-/5 with or without pain behaviors	Grade 4-/5 to 5/5 ECRB and 4-/5 or less EDC with pain behaviors	Grade 4-/5 ECRB at best and grade 3+/5EDC with significant pain behaviors
Grip Strength	Profound loss of grip strength with both flexed and extended elbow positions with the Jamar.	Pain reports with power gripping Jamar in extended position Grip with elbow extended is approaching the value grip with the elbow flexed	Pain with gripping the Jamar in extended elbow position Grip with elbow extended is 25-40% less than with elbow flexed	Profound pain behaviors with gripping Jamar in extended elbow position, may also have more mild behaviors in flexed position Loss of grip strength is >50% with the elbow extended compared to flexed	Profound pain behaviors with gripping the Jamar in extended position and pain with gripping in flexed position Loss of grip strength is >50% with the elbow extended compared to flexed
Sleep	Possible disrupted sleep and pain upon awakening especially with elbow extension	Typically Undisrupted	Not typically disrupted but may awaken with pain at LE	Disrupted sleep and pain upon awakening a common complaint	Disrupted sleep common and pain upon awakening common, especially with elbow extension