

Duration of complaints less than 2 weeks or more than 3 months

The tenderness is located within the muscle body itself in the proximal part of the short radial extensor muscle of the wrist (Cyriax type IV)

Treatment within the last 12 months for the same condition with corticosteroid injection or physiotherapy

Bilateral complaints

Previous surgical treatment for lateral epicondylitis

Deformities of the elbow (congenital or acquired)

Cervical radiculopathy or referred pain from neck or shoulder

Previous fractures or tendon ruptures in the elbow

Systemic musculoskeletal disease

Previous allergic reactions to corticosteroids or lidocaine

Contraindications to corticosteroids or NSAIDs:

on-going or previous gastro-intestinal bleeding, previous ulcer or dyspepsia, severe asthma

on-going systemic infection, local skin-infection, recently vaccinated with live virus, coagulopathies, SLE,

severe liver- or kidney-disease, heart failure, diabetes, use of warfarin or NSAIDS

Pregnancy or breast-feeding

Fertile females not on effective birth control

Psycho-social or other reasons for not being able to participate throughout the study