

### Counterforce Brace

- Counterforce braces are often used for pain relief in LET.
- They are thought to diffuse the load through the tendon to less sensitive areas, thereby decreasing the stress on the area of pathology.
- A combined cadaveric and clinical study showed a 13-15% force reduction of the ECRB origin with the counterforce brace. (Meyer NJ, Walter F, Haines B, Orton D, Daley RA. *Modeled evidence of force reduction at the extensor carpi radialis brevis origin with the forearm support band.* J Hand Surg [Am] 2003; 28:279-87).



Figure 1

### Wrist Splint

- Wrist splints are less commonly used, but do have some support for temporary pain relief in more acute patients.
- The goal is to rest the musculotendinous unit originating at the lateral epicondyle.



Figure 2

### Diamond Taping Technique (Vicenzino et al, 2003)

- This taping technique consists of four tape strips, repeated twice.
- The tape is laid in a diamond shape while pulling the soft tissues centrally towards the lateral epicondyle.
- The goal is to decrease tension at the epicondyle attachment.



Figure 3

Developed by the BC Physical Therapy Tendinopathy Task Force: Dr. Joseph Anthony, Dr. Angela Fearon, Diana Hughes, Carol Kennedy, Dr. Alex Scott, Michael Yates, Alison Hoens.

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