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.

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.

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.