1. What is the primary tissue pathology in lateral epicondylitis?
   a. Microtears with inflammation in the tendon fibers
   b. Nerve entrapment by the extensor muscles
   c. Collagen degeneration in the tendon
   d. Myofascial trigger points in the extensor tendons
2. Ulnar nerve compression around the elbow is most commonly known as:
   a. Cubital tunnel syndrome  
   b. Radial tunnel syndrome  
   c. Medial epicondylitis  
   d. Pronator teres compression

3. When treating epicondylitis with deep friction massage, tendons are ideally placed:
   a. In a shortened position  
   b. On stretch  
   c. Under eccentric load  
   d. Under concentric load

4. During an active engagement stripping/lengthening technique to the wrist extensors, the motion occurring at the wrist would be:
   a. Flexion  
   b. Ulnar deviation  
   c. Abduction  
   d. Extension
5. The primary purpose of using a bolster in active engagement techniques for the forearm muscles is to:
   a. Take pressure off the muscles
   b. Increase the isometric load
   c. Allow for greater relaxation
   d. Permit full range of motion of the wrist

6. Radial tunnel syndrome would be most evident with:
   a. Paresthesia along the pinky finger
   b. Weakness with resistant wrist extension
   c. Limited range of motion in wrist flexion
   d. Inflammation around the medial epicondyle
Chronic Tendon Disorders

Lateral Epicondylitis

Medial Epicondylitis

Common extensor group

Common flexor group
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Post-Test

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