Tennis elbow, also known as lateral epicondylitis, is a condition in which the outer part of the elbow becomes painful and tender. The pain may also extend into the back of the forearm and grip strength may be weak. Onset of symptoms is generally gradual. Golfer's elbow is a similar condition that affects the inside of the elbow. It is due to excessive use of the muscles of the back of the forearm. Typically this occurs as a result of work or sports, classically racquet sports. The diagnosis is Tennis elbow, or lateral epicondylitis, is a painful inflammation of the elbow joint caused by repetitive stress (overuse). The pain is located on the outside (lateral side) of the elbow, but may radiate down the back of your forearm. You'll likely feel the pain when you straighten or fully extend your arm. What causes tennis elbow? The tendon is the part of a muscle that attaches to the bone. Forearm tendons attach the forearm muscles to the outer bone of the elbow.