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