
Lateral and Medial Elbow Epicondylitis Home Exercise Program

Tennis & Golfer's Elbow

Goal

- The goal of this program is to improve muscle endurance, stretch, and strengthen the muscle attachments of the injured tendon

Length of Use

- I recommend performing these exercises daily for at least 6 – 12 weeks
- After 12 weeks, I recommend incorporating these exercises into a maintenance routine to decrease the risk of repeat tendon injury

Other modalities

- Anti-inflammatory medication typically helps but should be discussed with me if not already prescribed
- Heat before and ice after exercises may be beneficial
- Activity modification:
 - Try to decrease activities that are causing this pain if possible
 - Change how you do certain activities if they cause pain:
 - For example:
 - Tennis elbow (lateral/outer elbow pain): avoid exercises or lifting with your palm facing the ground (pronated elbow flexion), instead open your palm up to the sky when lifting
 - Golfer's elbow (medial/inner elbow pain): avoid or decrease exercises or lifting with your palm facing the sky (supinated elbow flexion like bicep curls) or activities involving repetitive twisting motion of the forearm (i.e. using a screw driver)
- Bracing
 - Applying an over the counter "elbow tendinitis" brace may be beneficial to some patients
 - This brace can be found on Amazon or Walmart
 - This brace is most effective when applied over the muscles just in front of the elbow (towards the hand) instead of over the area where you feel the pain

Exercises



Wrist Extension Stretch

With arm of affected side extended in front of body with palm facing down, lift affected hand at wrist as far as possible using non-affected hand. At the end of the motion, the wrist should be extended so that your palm is facing outward as if you were telling someone to stop. Hold this stretch for 5-10 seconds.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 3 Times a Day



Wrist Flexion Stretch

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 10 Seconds
Perform 3 Times a Day



Wrist Extension Strengthening

Start: Sit with your arm supported at 90 degrees with your palm face down off the end of the table as pictured.

Movement: With dumbbell (1 or 2lb) or resistance band in hand, extend your wrist against gravity. Return to start position, repeat.

Repeat 10 Times
Complete 3 Sets

Perform 3 Times a Day



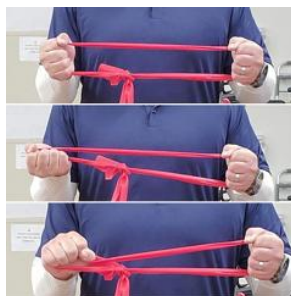
Wrist Flexion Strengthening

Start: Sit with your arm supported at 90 degrees with your palm face up off the end of the table as pictured.

Movement: With dumbbell (1 or 2lb) in hand, curl your wrist against gravity. Return to start position, repeat.

Repeat 10 Times
Complete 3 Sets

Perform 3 Times a Day



Forearm supination and pronation strengthening

Standing or sitting, grasp a looped band, shoulder width, closed palms face each other. Ensure there is some tension in the band. There should be space between your elbows and ribs. Use a rolled towel between the elbow and body as needed. This is your start position.

Rotate one palm towards the sky, supinating forearm, while the other forearm acts as a stabilizer. Ensure elbow stays stationary, not moving inward. Return to start position.

Rotate same palm down towards the floor, pronating forearm. Ensure elbow remains stationary, not moving outward. Return to start position.

Repeat for reps. Repeat for other forearm as needed.

Repeat 10 Times
Complete 3 Sets

Perform 3 Times a Day

Ball Squeeze

With an elastic ball or rolled up sock, firmly squeeze it in the palm of your hand.



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Day

Resisted Finger Abduction (Band)

Place your fingers tips together and then place band around your finger tips. Slowly spread your fingers tips apart, without fully extending your fingers.



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Day