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Tennis Elbow/Lateral Epicondylitis Rehab Exercises

Purpose: To strengthen and stretch your muscles around the elbow to regain normal motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

Stretching Exercises - #1, 2, 3, 4 & 5

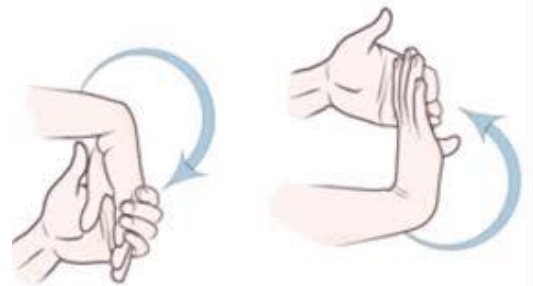
1. **Wrist Active Range of Motion:**

- ✓ **Flexion & Extension:** Gently bend your wrist forward and backward as far as you can.
- ✓ Do 3 sets of 10.



2. **Wrist Stretch:**

- ✓ With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Do 3 sets of this exercise.
- ✓ Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15-30 seconds. Keep your elbow straight during this exercise. Do 3 sets of this exercise.
- *Tip: Keep your elbow straight during this exercise.



3. **Wrist Extension Stretch:**

- ✓ Stand at a table with your palms down, fingers flat, and elbows straight.
- ✓ Lean your body weight forward. Hold this position for 15 seconds.
- ✓ Repeat 3 times.



4. **Wrist Flexion Stretch:**

- ✓ Stand with the back of your hands on a table, palms facing up, fingers pointing toward your body, and elbows straight.
- ✓ Lean away from the table.
- ✓ Hold this position for 15 seconds.

Repeat 3 times.



5. Forearm Pronation & Supination:

- ✓ With your elbow bent 90°, turn your palm upward and hold for 5 seconds.
- ✓ Slowly turn your palm downward and hold for 5 seconds.
- ✓ Make sure you keep your elbow at your side and bent 90° throughout this exercise.
- ✓ Do 3 sets of 10.
*Tip: When this exercise becomes pain free, do it with some weight in your hand such as a soup can or hammer handle.



Strengthening Exercises: #6, 7 & 8

6. Wrist Flexion:

- ✓ Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward.
- ✓ Slowly lower the weight down into the starting position.

7. Wrist Extension:

- ✓ Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward.
- ✓ Slowly lower the weight down into the starting position.
- ✓ Do 3 sets of 10.
*Tip: Gradually increase the weight of the object you are holding.



8. Towel Twists:

- ✓ Sit in a straight back chair and relax your shoulders.
- ✓ Hold a rolled towel with both hands.
- ✓ Twist the towel in opposite directions as though you're wringing out water.
- ✓ Repeat 10 times in one direction, then 10 times in the other direction. Do 3 sets.



8. Grip Strengthening:

- ✓ Squeeze a rubber ball and hold for 5 seconds.
- ✓ Do 3 sets of 10.

