

Giving Pain the Elbow

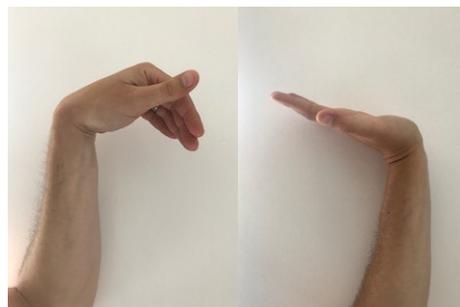
General Stretching Advice

You can do the stretching exercises right away.

STRETCHING EXERCISES for both golfer's elbow and tennis elbow

Wrist active range of motion, flexion and extension:

Bend the wrist of your injured arm forward and back as far as you can. Do 2 sets of 15.



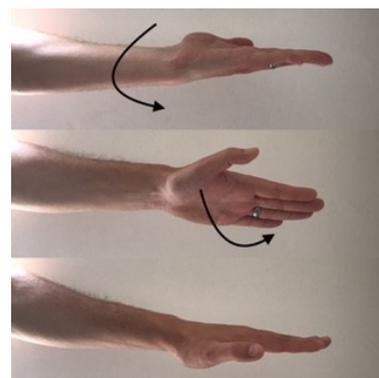
Wrist stretch:

Press the back of the hand on your injured side with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm on your injured side straight during this exercise. Do 3 sets.



Forearm pronation and supination:

Bend the elbow of your injured arm 90 degrees, keeping your elbow at your side. Turn your palm up and hold for 5 seconds. Then slowly turn your palm down and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees while you do the exercise. Do 2 sets of 15.



For tennis elbow specifically

Active elbow flexion and extension:

Gently bring the palm of the hand on your injured side up toward your shoulder, bending your elbow as much as you can. Then straighten your elbow as far as you can. Repeat 15 times. Do 2 sets of 15.



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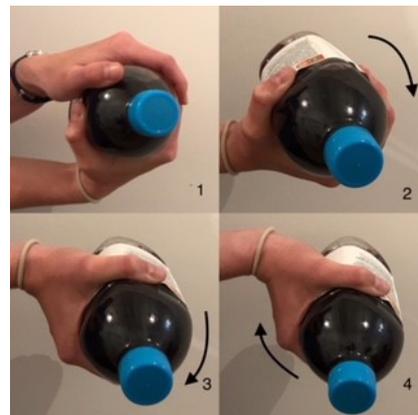
General Strengthening Advice

You can do the strengthening exercises when stretching is nearly painless.

STRENGTHENING EXERCISES for both golfer's elbow and tennis elbow

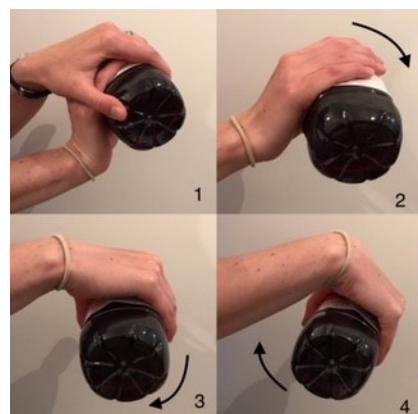
Eccentric wrist flexion:

Hold a can, bottle or hammer handle in the hand of your injured side with your palm up. Use the hand on the side that is not injured to bend your wrist up. Then let go of your wrist and use just your injured side to lower the weight slowly back to the starting position. Do 3 sets of 15. Gradually increase the weight you are holding.



Eccentric wrist extension:

Hold a can, bottle or hammer handle in the hand of your injured side with your palm facing down. Use the hand on the side that is not injured to bend your wrist up. Then let go of your wrist and use just your injured side to lower the weight slowly back to the starting position. Do 3 sets of 15. Gradually increase the weight you are holding.



Forearm pronation and supination strengthening:

Hold a can, bottle or hammer handle in your hand and bend your elbow 90 degrees. Slowly turn your hand so your palm is up and then down. Do 2 sets of 15.



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General Strengthening Advice

For tennis elbow specifically

Wrist radial deviation strengthening:

Put your wrist in the sideways position with your thumb up. Hold a can, bottle or a hammer handle and gently bend your wrist up. Do not move your forearm throughout this exercise. Do 2 sets of 15.



Wrist extension with broom handle:

Stand up and hold a broom handle in both hands. With your arms at shoulder level, elbows straight and palms down, roll the broom handle backward in your hand. Do 2 sets of 15.



For Golfers Elbow Specifically

Grip strengthening:

Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.



Resisted elbow flexion and extension:

Hold a can of soup with your palm up. Slowly bend your elbow so that your hand is coming toward your shoulder. Then lower it slowly so your arm is completely straight. Do 2 sets of 15. Slowly increase the weight you are using.

