



RECOVERY

Therapeutic Exercise Program for Epicondylitis (Tennis Elbow / Golfer's Elbow)

To ensure that this program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals.

Tennis elbow (lateral epicondylitis) and golfer's elbow (medial epicondylitis) are painful conditions caused by overuse. Over time, the forearm muscles and tendons become damaged from repeating the same motions again and again. This leads to pain and tenderness around the elbow.

Specific exercises to stretch and strengthen the muscles attached to the injured tendon will help with the healing process. The early goal of a therapeutic exercise program is to promote muscle endurance and improve resistance to repetitive stress. Following a well-structured program will help you return to daily activities, as well as sports and other recreational pastimes.

<u>Click here to view and download this handout.</u> (/globalassets/pdfs/a00790_therapeutic-exercise-program-for-epicondylitis_final.pdf)

	Exercise Program for Epicondylitis STRETCHING EXERCISES
. Wrist Exte	nsion Stretch
Repetitions	Equipment needed: None
Sireps, 4x a day	Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve
Days per week 5 to 7	gripping, such as gardening, tennis, and golf.
Step-by-step dir	ections
Straighten you "stop."	ir ann and bend your wrist back as if signaling someone to
	isite hand to apply gentle pressure across the palm and pull until you feel a stretch on the inside of your forearm.
10110102101000	ch for 15 seconds.
Repeat 5 time	s, then perform this stretch on the other arm.
Tip Donatic	ck your elbow.
2. Wrist Flex	an Stretch
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2. Wrist Flex Reputitions Steps Axaday	Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve
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Reputitions Sneps, Ara day Days per work Sto 7 Rep-by-step dir Scraighten yor that your ling Genity pull Genity pull Hold the stree	Equipment needed: None Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve gripping, such as gardening, tennis, and golf. ections or arm with your palm facing down and bend your wrist so are nonit down. ur hand toward your body until you feel a stretch on the r forzam. ch for 15 seconds.
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Last Reviewed

December 2018

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