



Exercise Program for Epicondylitis

STRETCHING EXERCISES

1. Wrist Extension Stretch

Repetitions

5 reps,
4x a day

Days per week

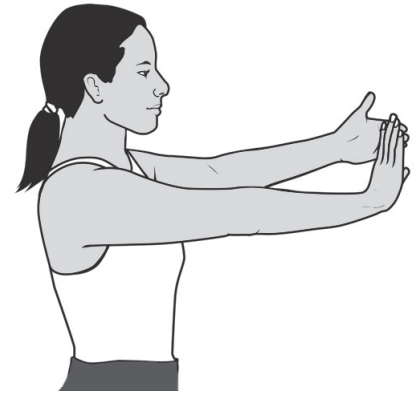
5 to 7

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.

Step-by-step directions

- Straighten your arm and bend your wrist back as if signaling someone to “stop.”
- Use your opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.



Tip Do not lock your elbow.

2. Wrist Flexion Stretch

Repetitions

5 reps,
4x a day

Days per week

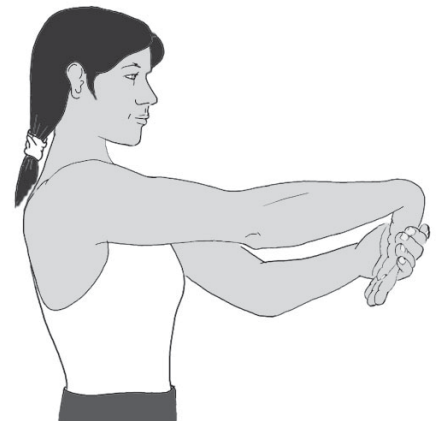
5 to 7

Equipment needed: None

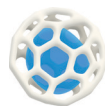
Additional instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up to activities that involve gripping, such as gardening, tennis, and golf.

Step-by-step directions

- Straighten your arm with your palm facing down and bend your wrist so that your fingers point down.
- Gently pull your hand toward your body until you feel a stretch on the outside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.



Tip Do not lock your elbow.



Exercise Program for Epicondylitis

STRENGTHENING EXERCISES

3. Wrist Extension (Strengthening)

Repetitions
30 reps, 1x a day
Days per week
5 to 7

Equipment needed: Dumbbell hand weights (1 lb., 2 lbs., 3 lbs.)

Additional instructions: This exercise should be performed in stages. Begin each stage with no weight. When you are able to complete 30 repetitions on 2 consecutive days with no increase in pain, move forward in the program by increasing weight (begin with 1lb., advance to 2 lbs., end with 3 lbs.).

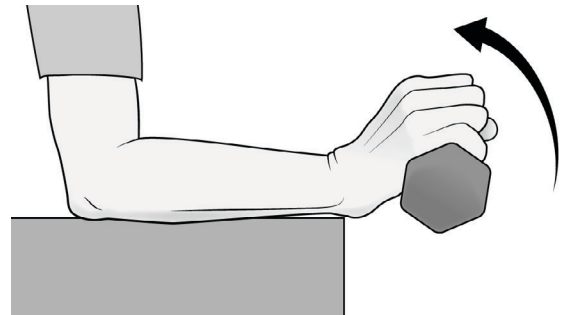
Stage 1: Bend your elbow to 90 degrees and support your forearm on a table with your wrist placed at the edge.

Stage 2: Straighten your elbow slightly. Continue to support your arm on the table.

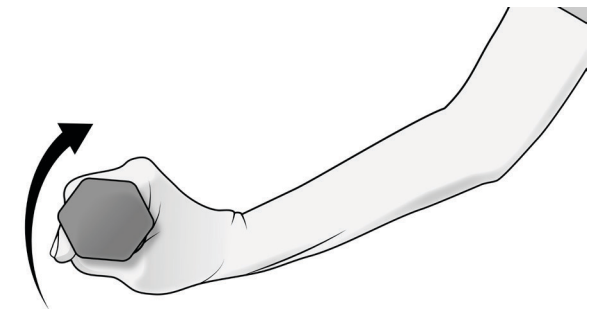
Stage 3: Fully straighten your elbow and lift your arm so that it is no longer supported by the table.

Step-by-step directions to be followed for each stage

- With palm down, bend your wrist up as far as possible.
- Hold up for 1 count, then slowly lower 3 counts.
- Begin without using a weight and increase the repetitions until you can complete 30.
- When you can perform 30 repetitions on 2 consecutive days without increasing pain, begin performing the exercise using a 1 lb. weight.
- Follow the same steps above to continue to increase repetitions and weight until you are using a 3 lb. weight and can perform 30 repetitions on 2 consecutive days without increasing pain.

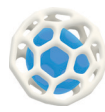


Stage 1 using 1lb. weight



Stage 3 using 1lb. weight

Tip Do not let the weight pull your hand down too quickly.



Exercise Program for Epicondylitis

STRENGTHENING EXERCISES

4. Wrist Flexion (Strengthening)

Repetitions
30 reps, 1x a day
Days per week
5 to 7

Equipment needed: Dumbbell hand weights (1 lb., 2 lbs., 3 lbs.)

Additional instructions: This exercise should be performed in stages. Begin each stage with no weight. When you are able to complete 30 repetitions on 2 consecutive days with no increase in pain, move forward in the program by increasing weight (begin with 1lb., advance to 2 lbs., end with 3 lbs.).

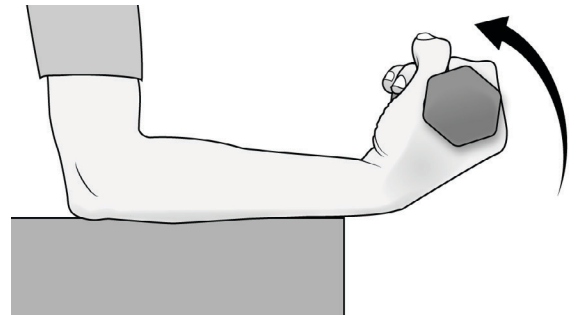
Stage 1: Bend your elbow to 90 degrees and support your forearm on a table with your wrist placed at the edge.

Stage 2: Straighten your elbow slightly. Continue to support your arm on the table.

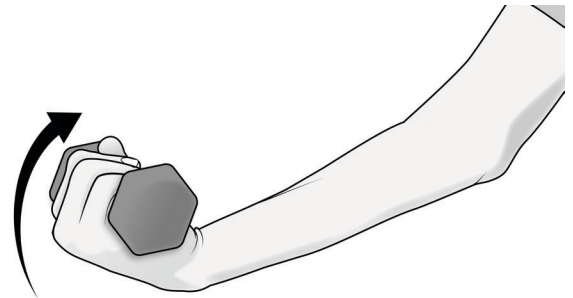
Stage 3: Fully straighten your elbow and lift your arm so that it is no longer supported by the table.

Step-by-step directions to be followed for each stage

- With palm up, bend your wrist up as far as possible.
- Hold up for 1 count, then slowly lower 3 counts.
- Begin without using a weight and increase the repetitions until you can complete 30.
- When you can perform 30 repetitions on 2 consecutive days without increasing pain, begin performing the exercise using a 1 lb. weight.
- Follow the same steps above to continue to increase repetitions and weight until you are using a 3 lb. weight and can perform 30 repetitions on 2 consecutive days without increasing pain.

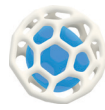


Stage 1 using 1lb. weight



Stage 3 using 1lb. weight

Tip Do not let the weight pull your hand down too quickly.



Exercise Program for Epicondylitis

STRENGTHENING EXERCISES

5. Forearm Supination & Pronation (Strengthening)

Repetitions
30 reps, 1x a day
Days per week
5 to 7

Equipment needed: Dumbbell hand weights (1 lb., 2 lbs., 3 lbs.)

Additional instructions: This exercise should be performed in stages. Begin each stage with no weight. When you are able to complete 30 repetitions on 2 consecutive days with no increase in pain, move forward in the program by increasing weight (begin with 1lb., advance to 2 lbs., end with 3 lbs.).

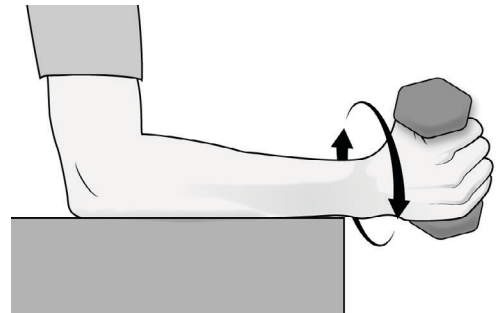
Stage 1: Bend your elbow to 90 degrees and support your forearm on a table with your wrist placed at the edge.

Stage 2: Straighten your elbow slightly. Continue to support your arm on the table.

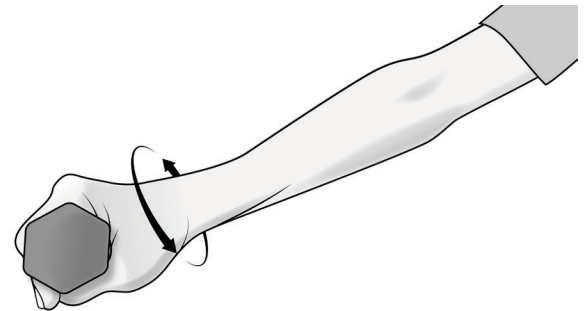
Stage 3: Fully straighten your elbow and lift your arm so that it is no longer supported by the table.

Step-by-step directions to be followed for each stage

- Begin with palm facing the side. Slowly turn the palm facing up.
- Slowly return to the start position, then slowly turn the palm down.
- Slowly return to start position. This completes one repetition.
- Begin without using a weight and increase the repetitions until you can complete 30.
- When you can perform 30 repetitions on 2 consecutive days without increasing pain, begin performing the exercise using a 1 lb. weight.
- Follow the same steps above to continue to increase repetitions and weight until you are using a 3 lb. weight and can perform 30 repetitions on 2 consecutive days without increasing pain.



Stage 1 using 1lb. weight



Stage 3 using 1lb. weight

Tip When using a dumbbell, try to let the weight pull your forearm in either direction as far as possible.



Exercise Program for Epicondylitis

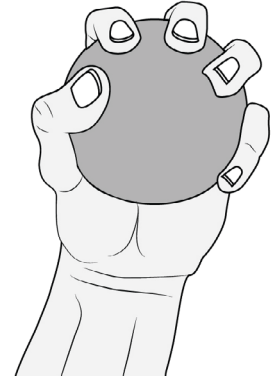
STRENGTHENING EXERCISES

6. Stress Ball Squeeze

Repetitions
10 reps, 1x a day
Days per week
5 to 7

Equipment needed: Rubber stress ball

Additional instructions: This exercise should be performed after completing the above staged strengthening exercises. Your arm and elbow position for this exercise should match the stage you are completing.



7. Finger Stretch

Repetitions
10 reps, 1x a day
Days per week
5 to 7

Equipment needed: Elastic band

Additional instructions: This exercise should be performed after completing the above staged strengthening exercises. Your arm and elbow position for this exercise should match the stage you are completing.

