

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.

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Exercise Program for Epicondylitis
STRETCHING EXERCISES


1. Wrist Extension Stretch

Repetitions	Equipment needed: None
5 reps, 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 gripping, such as gardening, tennis, and golf.
Days per week	
5 to 7	

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	Equipment needed: None
5 reps, 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 gripping, such as gardening, tennis, and golf.
Days per week	
5 to 7	

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.



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