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Tennis Elbow Rehabilitation

- 1) Avoid pain producing activities.
- 2) Physician prescribed non-steroidal anti-inflammatory medication.
- 3) Iontophoresis or Phonophoresis as prescribed by a physician
- 4) Deep transverse friction massage across affected area for 5 minutes, 3 - 5 times daily.
- 5) Gripping exercises using a gripper, small rubber ball, putty, washcloth, etc. as often as possible.
- 6) Ice massage after exercise and as often as possible between exercise sessions.



Range of Motion Exercises

Complete through a pain free range of motion. Hold each stretch for 10 seconds and repeat 3 - 5 times per session. Repeat 3 - 5 times daily.

- 1) **Wrist Flexion:** With elbow straight and palm facing down, grasp back of hand and slowly pull hand back.
- 2) **Wrist Extension:** With elbow straight and palm facing up, grasp fingers and slowly pull hand back.

Strength Enhancing Exercises

To be performed 3 times per week, with one day of rest between exercise sessions. Begin with 3 sets of 10 repetitions, advancing up to 5 sets of 10 as strength improves. When 5 sets of 10 can be performed, add weight or increase weight being used.

- 1) **Pronation / Supination:** With elbow straight and forearm supported by table, hold a stick with the heavier end up. Slowly lower stick as far as possible to the right and hold for 2 seconds. Slowly raise the stick back to the start position and then lower as far as possible to the left and hold for 2 seconds. Return to starting position and repeat.
- 2) **Radial / Ulnar Deviation:** With elbow straight and forearm supported by table, hold a stick with the heavier end up. Slowly lower stick forward as far as possible and hold for 2 seconds. Return stick to the starting position and then slowly lower stick over shoulder as far as possible and hold for 2 seconds. Return to starting position and repeat.
- 3) **Wrist Curls (Flexion):** With forearm supported on table and hand off of edge, palm facing up, lower hand as far as possible. Slowly lift hand as far as possible, return to starting position and repeat.
- 4) **Wrist Curls (Extension):** With forearm supported on table and hand off of edge, palm facing down, lower hand as far as possible. Slowly lift hand as far as possible, return to starting position and repeat.



- 5) **Biceps Curls:** With arm straight and at your side, palm facing forward, slowly flex elbow bringing hand up toward shoulder as far as possible. Hold, then slowly relax returning to full extension.



- 6) **Supine Triceps Extension:** Lying flat on back with involved elbow bent near your head. Rest involved hand on uninvolved shoulder. Slowly extend elbow as straight as possible without moving upper arm. Slowly return to start and repeat.



- 7) **Wrist Roller:** Use a 12 - 18 inch broom handle with 2 - 3 feet of cord attached in the middle, hand a weight from the end of the cord. Grip stick on either side of the cord with palms facing down. Wind cord by turning stick toward body, causing weight to rise. When weight reaches stick, lower weight by slowly unwinding cord. Repeat with palms facing upward.



Continue this program for 2 - 3 weeks AFTER all symptoms have ceased. It is common for symptoms to worsen the first week of this program. To help prevent recurrence, continue the stretching exercises (Wrist Flexion & Extension) before doing any repetitive activities.