

# TENNIS ELBOW

## YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around your elbow as well as improve muscle balance and flexibility in your forearm. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your injury.

## GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times.



### BALL SQUEEZE

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squozy items.

SETS

REPS



Video:

<http://youtu.be/EMx8Ufccvik>


### RADIAL DEVIATION BAND

Hold an exercise band, and deviate your wrist to the side of your thumb, to create resistance in the band. This is a strengthening exercise for the wrist, forearm and elbow.

SETS

REPS



Video:

<http://youtu.be/KNFV34MzMug>


### ELBOW FLEXION BAND

Stand on one end of an exercise band, and hold the other end, then bend your elbow. When you reach your end of range, let your elbow return to the start position in a controlled manner. This is a strengthening exercise for the upper arm muscle (biceps).

SETS

REPS



Video:

<http://youtu.be/gCUCvmHOaLO>

## PROGRESSION SPEED

Your therapist will advise you on the speed you should progress on the strengthening/movement control programme. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. Remember poor practice leads to poor performance and potential strain on your injury. If at any time you feel pain or discomfort stop the exercises and consult your therapist.

### ELBOW FLEXION PRONATION BAND

Bend your arm to 90 degrees, and holding a band in your other hand, rotate your forearm to feel tension in the band. You should feel resistance from the elastic as you rotate your arm from thumb inwards to thumb out position. Keep your elbow tucked into your side at all times. This will strengthen the muscles around the elbow.



SETS

REPS

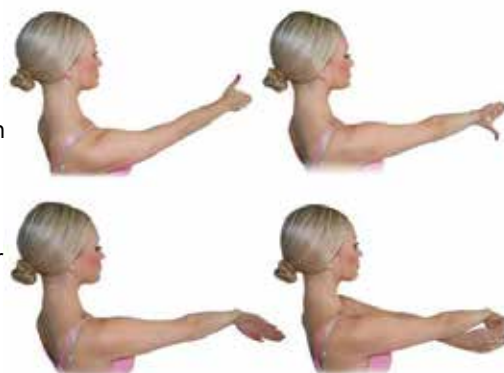


Video:

<http://youtu.be/w8AgmGRfcEA>

### FOREARM EXTENSOR STRETCH

Hold your arm out in front of you, straighten it, rotate your arm inwards (thumb down) and bend your wrist back. Don't shrug your shoulder. Hold this position to create a stretch. This exercise stretches the forearm Extensor muscles, and can help with tennis elbow pain and other repetitive strain injuries.



SETS

REPS



Video:

<http://youtu.be/gRmAdcJvGJO>

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