

Exercise programmes for patients

Golfer's elbow

This leaflet describes an exercise – finger flexor stretches – which is designed to stretch the muscles specifically involved in the rehabilitation of Golfer's elbow. Squeezing a tennis ball for five minutes is also an effective exercise that strengthens forearm muscles.

Follow the advice shown below – but you will probably find it easier if you use this leaflet in conjunction with the accompanying video.

FINGER FLEXORS

Step 1

Bring the affected arm straight out in front of you with the palm up



Step 2

Then use your other hand to push the palm down further



Step 3

You should feel a gentle stretch along the inside of the forearm



Step 4

Hold that position for 30 seconds, relax and repeat five times



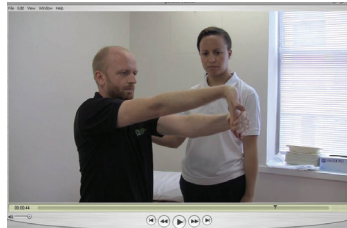
Step 5

To increase the stretch you can use your hand to push the fingers – rather than the palm – further back



Step 6

Again, hold for 30 seconds, relax and repeat five times



Go online to watch a physiotherapist take you through the exercises

► www.pulsetoday.co.uk/video/exercises

Remember if the pain persists or gets worse with exercise then stop and make an appointment to see your doctor