

Exercise programmes for patients

Tennis elbow

This leaflet describes two exercises – long wrist stretches with elbow extension and long wrist stretches with combined flexion – designed to stretch the muscles specifically involved in the rehabilitation of tennis elbow.

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

LONG WRIST STRETCHES WITH ELBOW EXTENSION

Step 1

Bring the affected arm out, straight in front of you, then gently bring down the wrist



Step 2

The movement can be assisted by using the other hand



Step 3

You should feel a light stretch along the top of the forearm. Hold that position for 30 seconds. Repeat five times, three times a day



LONG WRIST STRETCHES WITH COMBINED FLEXION

Step 1

The exercise above can be progressed by bending the fingers to make a fist



Step 2

Again, the other hand is used to gently pull the fist down- feeling the stretch along the top of the forearm, holding it for 30 seconds and repeating five times, three times a day



STRENGTHENING

Step 1

You can also try strengthening exercises, where your elbow is supported on a platform such as a table- the underside of your arm against the top of the table and your hand hanging over the edge.

Step 2

Then flex your wrist slowly all the way up and then return to the starting position. Do three sets of 10 repetitions with at least a minute between each set. Stop if you feel any pain or discomfort. The load should be increased using a light weight or a Theraband

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