

## **Tennis Elbow Home Exercise Plan**

### **Wrist Flexor stretch:**

- Hold your arm straight out so your elbow isn't bent and your palm faces up.
- Use your other hand to hold the fingers of your outstretched hand and bend it back toward your body until you can feel it in your inner forearm.
- Hold for 15 seconds.
- Repeat three to five times.

Do this two or three times a day. You can hold it for up to 30 seconds and work your way up to repeat 5 to 10 times instead of 3-5.

### **Wrist Extensor stretch:**

This is just like the last stretch, but your palm faces down instead of up:

- Hold your arm straight out so your elbow isn't bent and your palm faces down.
- Use your other hand to hold the fingers of your outstretched hand and bend it back toward your body until you can feel it in your outer forearm.
- Hold for 15 seconds.
- Repeat 3 to 5 times.

Do this two or three times a day. You can hold it for up to 30 seconds and work your way up to repeat 5-10 times instead of 3-5.

### **Wrist turn:**

- Bend your elbow at a right angle by your side so it forms an L.
- Hold your hand out palm up.
- Gently turn your wrist so your palm faces down.
- Hold for 15 seconds.
- Repeat three to five times.

Do this two or three times a day. You can hold it for up to 30 seconds and work your way up to repeat 5 to 10 times instead of three to five.

### **Forearm strengthening:**

- Grab a 1-pound dumbbell -- or a tool like a hammer or wrench -- and take a seat.
- Support your forearm on your thigh or the edge of a table so that your wrist hangs over the edge.
- Grasp the bottom of the dumbbell -- not the middle, as usual.
- Slowly turn your hand so your palm faces up. Make sure to only move your forearm, not your elbow.
- Slowly turn your palm to the ground.
- Repeat 10 times.

Do this 1 or 2 times a day, more if you're up to it. You can also work your way up to repeat 20 times instead of 10.

**Eccentric and concentric exercises:**

- Start with a 1- or 2-lb dumbbell and sit on a chair at a table that has an edge.
- Bend the elbow to 90°; palm should be facing the floor. Slowly lower the weight, then slowly raise. This may be painful, but raise and lower the weight 10 times or until you can't any more.
- Rest a few minutes.
- Fully straighten the elbow flat across the table, with your palm facing the floor. Slowly lower and raise the weight 10 times.
- When the 10 repetitions have become easy to do, increase the weight by 1 or 2 pounds. Continue the exercises once a day for about 3 months. The pain should begin to subside in a month to 6 weeks.