

Home Exercise Program for Tennis Elbow

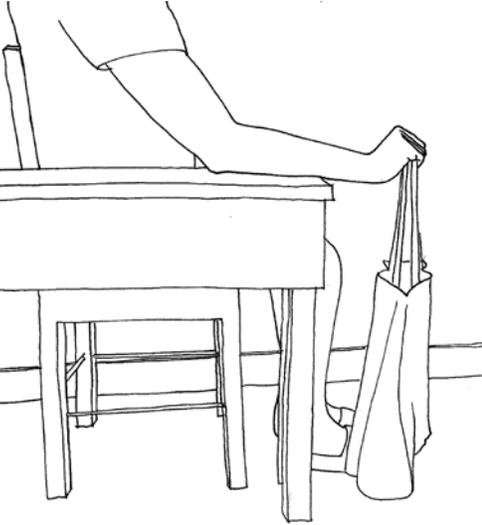
The following stretch and exercise are recommended for patients who have been diagnosed with tennis elbow.



WRIST STRETCH

- Place your sore arm in front of your body with your elbow straight (do not bend your elbow).
- Turn your forearm so the thumb side of hand is pointing down towards the floor.
- Use your other hand to bend the wrist of your sore arm (the palm of your sore arm should be facing back, towards the elbow). Keep your elbow straight and bend the wrist until a stretch is felt in the muscles of the forearm. Some pain during the stretch is okay as long as the pain is no worse after the stretch than it was before the stretch.
- Hold your elbow and wrist in this position for 30-45 seconds, and then release it. Repeat this stretch 3 times every day.
- If you feel the stretch in your wrist rather than in your forearm, stop doing the exercise and make an appointment with a physiotherapist.

Images: Lynn Hughes



WRIST STRENGTHENING

- Support the forearm of your sore arm on a table or counter top with your palm facing down towards the floor.
- Bending at the wrist only, slowly lift the weight, taking 5 seconds to lift the weight up and 5 seconds to lower it back down.
 - Do not lift your forearm off the table while you are moving your hand up and down.
- Lift and lower 15 times, then rest 30 seconds. Repeat this sequence 3 times. Do this series once daily.
- If your elbow is very sore, start this exercise without using any weight.

Suggested amount of weight to lift:

- Start with 1kg weight if you are a woman, 2 kg if you are a man.
- Gradually increase the weight by 0.1 kg (approximately 100 ml of water) per week as tolerated.

You can make weights using plastic pop bottles (a 1-litre bottle filled with water weighs about 1 kg; 100 ml of water weighs 0.1 kg). Once filled, place the bottles in a cloth grocery bag. Lift the bag using the handles.

- When you start these exercises you may initially experience an increase in pain, however it should decrease after a few hours. If the pain does not decrease, reduce the weight the next time you do the exercises. If you continue to experience increased pain, stop doing the exercises and make an appointment with a physiotherapist.
- If, after doing the exercises daily for two weeks, you do not feel improvement in your elbow pain, an appointment with a physiotherapist is recommended.

To find a physiotherapist near you contact the PABC (Physiotherapy Association of British Columbia):
(1) Visit www.bcphysio.org and click on "Find a Physio"
(2) Email info@bcphysio.org
(3) Call **604-736-5130** or **1-888-330-3999**

Research has shown that physiotherapy treatment which combines specific exercises with other treatments such as manual therapy, taping or bracing can result in faster and longer-lasting improvement from tennis elbow pain.