

Concentric/Eccentric Home Exercise Program (Peterson et al.)

- Daily, 3-month program.
- Forearm supported in pronation with elbow in some flexion.
- Resistance 1kg women, 2kg men (1 litre of water = 1kg).
- 3 sets of 15 once daily.
- Increase resistance by 0.1 kg (100ml water) weekly.
- No comment was made regarding pain during exercise.



Figure 1
Lift the weight by extending the wrist, then lower. The original research used a water container that is unavailable in North America. We have substituted a water bottle in a bag.

Supervised Eccentric Exercise and Stretching Program

(Stasinopoulos et al. 2006)

- 3 times a week, 4 weeks.
- Forearm supported in pronation with elbow extended.
- Wrist extended as high as possible then lowered into flexion slowly counting to 30, return to starting position using the other hand.
- 3 sets of 10, 1 minute rest between sets.
- Resistance, free weights.
- Increase resistance when the exercise is pain-free.
- Exercise with mild pain. Stop if pain becomes disabling.
- Passive stretching of the extensor carpi radialis brevis tendon (ECRB) done by therapist 3 times before and 3 times after the eccentric exercise. Forearm pronated, elbow extended, wrist flexed and ulnar deviated. Hold 30-45 seconds. 30 second rest between stretches.



Figure 2A



Figure 2B

Extend the wrist using the unaffected hand (2A). Allow the wrist to flex (eccentric contraction of wrist extensors) (2B). The original research used hand held weights. We have substituted a bag with weights.

The “Tyler Twist” Eccentric Wrist Extensor Exercise (Tyler et al. 2010)

- Daily, approximately 6 weeks.
- Forearm pronated, elbow and wrist extended.
- Allow wrist to flex slowly for approximately 4 seconds.
- 3 sets of 15 once daily. 30 second rest between sets.
- Increase resistance by using a thicker bar when the exercise is pain-free.



Figure 1

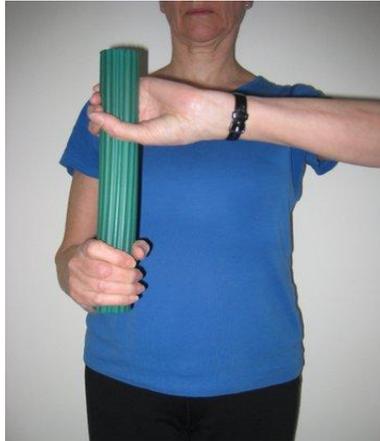


Figure 2

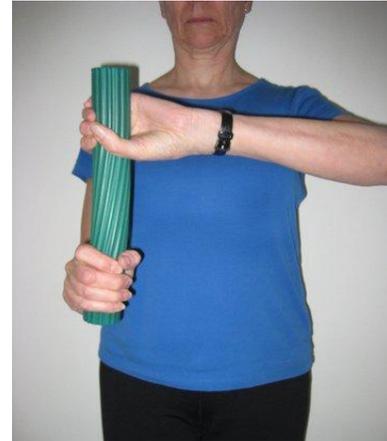


Figure 3



Figure 4

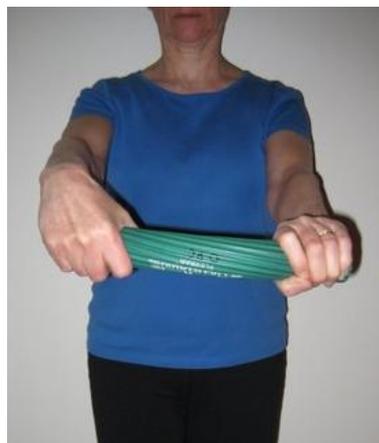


Figure 5

Hold the bar in the affected hand (1).

Place the unaffected hand as shown (2).

With affected wrist in full extension, twist the bar with the unaffected hand (3).

Stretch both arms out, elbows straight (4).

Slowly allow the affected wrist to bend i.e., allow an eccentric contraction of wrist extensors (5).