

Lateral Epicondylitis (Tennis Elbow)

Rehabilitation Exercises

You may do the stretching exercises right away. You may do the strengthening exercises when stretching is nearly painless.

Stretching exercises

- **Wrist range of motion:** Bend your wrist forward and backward as far as you can. Do 3 sets of 10.
- **Wrist Stretch:** With your uninjured hand, help to bend the injured wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Do 3 sets.
- **Pronation and supination of the forearm:** With your elbow bent 90 degrees, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees throughout this exercise. Do 3 sets of 10.
- **Elbow range of motion:** Gently bring your palm up toward your shoulder and bend your elbow as far as you can. Then straighten your elbow as far as you can 10 times. Do 3 sets of 10.

Strengthening exercises

- **Wrist flexion exercise:** Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- **Wrist extension exercise:** Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- **Wrist radial deviation strengthening:** Put your wrist in the sideways position with your thumb up. Hold a can of soup or a hammer handle and gently bend your wrist up, with the thumb reaching toward the ceiling. Slowly lower to the starting position. Do not move your forearm throughout this exercise. Do 3 sets of 10.
- **Forearm pronation and supination strengthening:** Hold a soup can or hammer handle in your hand and bend your elbow 90 degrees. slowly rotate your hand with your palm upward and then palm down. Do 3 sets of 10.
- **Wrist extension (with broom handle):** Stand up and hold a broom handle in both hands. With you arms at shoulder level, elbows straight and palms down, roll the broom handle backward in your hand as if you are reeling something in using a broom handle. Do 3 sets of 10.