



CU SPORTS MEDICINE

Home Exercises for Tennis and Golfer's Elbow

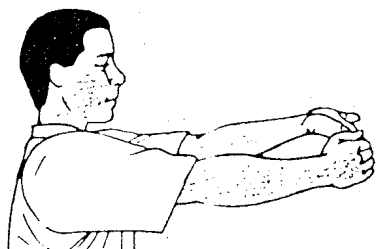
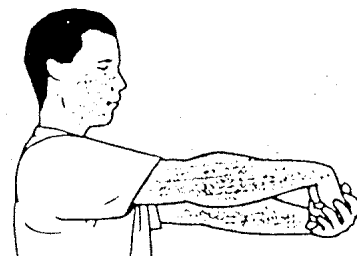
The essential exercises for a home rehabilitation program for tennis or golfer's elbow include stretching and strengthening:

- to improve flexibility and range of motion
- to reduce forces on the affected tendon.

Slow, passive stretching exercises and gentle strengthening exercises can be started right away. Be sure to breathe while you are doing these exercises.

Stretching

To stretch the muscles on the top of the forearm, extend the elbow with the palm facing the floor. Use your other hand to pull the hand down toward the inside of your forearm. (If this is painful, try performing the maneuver with the elbow bent.)

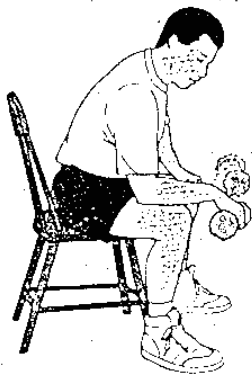


To stretch the muscles on the underside of the forearm turn the palm toward the ceiling. With your other hand pull the hand down toward the floor.

Hold each stretch for 20 to 30 seconds, then relax a few seconds and repeat as many times as possible within 5 minutes. Perform these stretches twice a day during rehabilitation. You should also do them before and after any sports activity that involves the elbow.

Strengthening

Strengthening exercises begin with wrist curls, starting with 1-pound weights.



To strengthen the top forearm muscles bend the elbow with your palm facing the floor. Curl your wrist toward the ceiling, hold the position for 10 to 15 seconds, then relax the wrist.



To strengthen the muscles on the underside turn the palm toward the ceiling.

For both maneuvers, perform three sets of 10 curls once a day, every day. Other elbow muscles (pronator and supinator muscles) should also be strengthened by

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holding the weight with the elbow flexed 90° and twisting your hand clockwise and counter clockwise. Do three sets of 10 once a day. This exercise is especially important for those who have golfer's elbow.

To strengthen additional forearm muscles (digital extensor muscles), place a heavy rubber band over the tips of all the fingers as they are held together and stretch the fingers out-ward against it. Start with three sets of 10 once a day, and then progress to several sessions a day. The activity can easily be done at a desk or while talking on the telephone.