

Golfer's Elbow Exercises

STRETCHING

Elbow flexor stretch

- With the elbow straight, pull the wrist back to stretch the muscles group on the inside part of the forearm.
- Hold for 20 seconds and repeat 5 times.



STRENGTHENING

- Hold each following position for 5 seconds and lower slowly to get the negative resistance workout.
- Expect this to be somewhat uncomfortable.
- Perform 3 sets of 10 repetitions.

Wrist flexor strengthening

- Use a 2-4 lb weight for strengthening.
- Forearm resting on the leg and stabilized with the opposite hand.
- Curl the wrist to elevate the weight.



Pronator strengthening

- Use a hammer and hold it close to the end of the handle with the palm up and the hammer horizontal.
- Slowly rotate the hammer 90 degrees until it is straight up.
- Then slowly return to the starting position.



*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Friction Massage

- Heat the elbow up with a warm, moist towel for 10 minutes.
- Identify the area of maximal tenderness and place the thumb of the opposite hand over this area and deeply massage back and forth across the tendon for 3-5 minutes.
- Perform this massage every 3-4 days.
- You may ice the elbow for pain produced by this deep tissue massage.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, **Ho GWK**, Lewis J. *100 Questions & Answers About Your Sports Injury*. Sudbury: Jones and Bartlett Publishers 2008.