

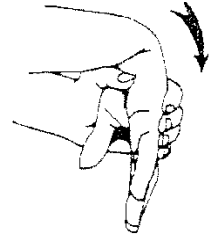
Tennis Elbow Exercises



Dr. Ho

Extensor Stretch

- With the elbow straight, grasp the fingers and flex the wrist to stretch the muscles of the outside part of the elbow.
- Hold for 20 seconds.
- Repeat 5 times.



Wrist Extensor Strengthening

- Using a 3-4 lb weight and with the palm down, slowly raise the weight holding in the up position for 5 seconds.
- Slowly lower the weight down. This may be somewhat uncomfortable.
- Repeat for 10 repetitions and 3 sets per day.



Supinator Strengthening

- Hold a hammer near the base of the handle with the palm down and the hammer horizontal.
- Slowly raise the hammer to the vertical position.
- Lower back to the starting position.
- Repeat for 10 repetitions and 3 sets per day.



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.

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

Answering service for after hours.

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