



### Tennis Elbow Rehabilitation Guidelines

Tennis elbow or Lateral Epicondylitis can be quite debilitating and can disrupt basic daily tasks. It can come from a various range of activities, not just tennis. Other overuse gripping tasks such as hammering, playing an instrument or even just doing a lot of heavy lifting can bring on pain in the elbow. Lifting items palm up and holding items with a hook grip will reduce pain while doing daily activities.

*The guidelines and exercises described below are some of the more basic and effective strategies utilised to restore normal joint and muscle function following injury – your physiotherapist will discuss with you any specific adaptations, progressions and precautions that have been tailored to your individual presentation. Any acute injury should be assessed by your physiotherapist prior to starting a rehabilitation program*

#### 1) Bent arm stretch

- Bring elbow in next to side of body, palm down
- Bend wrist downwards and place other hand on top of wrist
- Slowly extend arm out until a comfortable stretch is felt in the muscles in your forearm
- Hold it for 15sec
- DO NOT push into pain



#### 2) Isometric wrist extension

- Have elbow in by side of body
- Keep wrist straight, place other hand on top of wrist
- Gently push down with hand and up with the other so there is no movement just muscle activation
- Vary pressure based on pain limits – DO NOT push into pain

#### 3) Pec stretch

- Stand tall with one foot in front of the other place your forearm against a wall and elbow bent to 90 degrees (stop sign position)
- Gently rotate your body away from the wall until you feel a stretch through the front of your chest
- DO NOT push into pain – only go to the point of comfortable stretch
- Hold stretch for 30 seconds

