

Exercise plan:
Golfers Elbow

Patient:
Mrs Julie Dass

Date:
27th Mar 2017



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Triceps stretch

Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. You should feel a stretch under your arm (between your elbow and shoulder). This exercise stretches the tricep muscle.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/5U_L-YJTxpc



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Elbow flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint. 30 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/HiyVS_7hrG8



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Elbow flexion overpressure

Bend your elbow, and when you get to the end of range of the movement, gently apply some overpressure using your other hand. This exercise will help improve mobility to your elbow.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/xgY6Vk6DHpY>



Elbow flexion Bicep curl DB

Bend your elbow while holding a dumbbell. At the top of the movement, slowly lower the dumbbell in a controlled way. Keep your elbow tucked in to your side. This is a strengthening exercise for your elbow and upper arm (Biceps muscle). 15 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/huGPK1j9WRA>

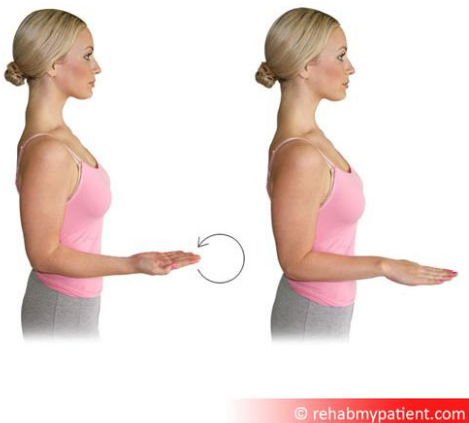


Elbow flexion band

Stand on one end of an exercise band, and hold the other end, then bend your elbow. When you reach your end of range, let your elbow return to the start position in a controlled manner. This is a strengthening exercise for the upper arm muscle (Biceps). 30 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/gCUCvmHOaL0>

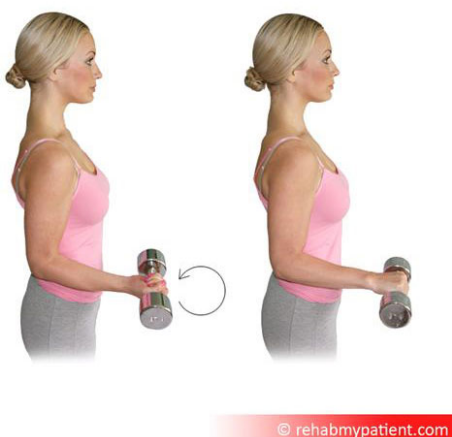


Elbow flexion pronation

Bend your arm to 90 degrees, and rotate your forearm up and down. This will help mobilise your elbow joint. 30 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/1vNGtyv0xbo>



Elbow flexion pronation DB

Bend your arm to 90 degrees, and holding a weight or a dumbbell, rotate your forearm up and down. This will strengthen the muscles around the elbow. 15 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/X_nYJZ2F4jc



Elbow extension

Straighten your elbow slowly, and in a controlled way. Bring your elbow back up, and then repeat. This will help mobilise your elbow joint. 30 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/p9NWdru3m0o>

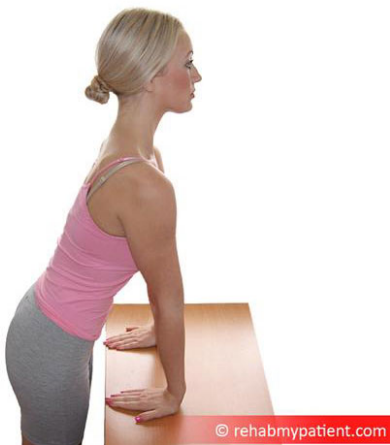


Elbow extension passive

Resting your elbow on your thigh, use your opposite arm to straighten your elbow. Try to keep your elbow as relaxed as possible. This will help mobilise your elbow joint.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/XsdE13f6P80>



Forearm flexor table stretch both hands

Place your hands on a table with your fingers pointing towards you, and straighten your arms. This exercise helps stretch the forearm flexor muscles, and can help with repetitive strain injuries to the wrist and elbow, as well as golfer's elbow.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/NYcoKMrwQr4>



Forearm flexor wall stretch both hands

Place your hands on a wall with your fingers pointing down towards the floor, and straighten your arms. This exercise helps stretch the forearm flexor muscles, and can help with repetitive strain injuries to the wrist and elbow, as well as golfer's elbow.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/SoHL2BhjOBw>

Forearm flexor stretch standing

Straighten your arm out in front of you, and pull your fingers back (using your other hand). The crease of your elbow should be facing towards the ceiling and fingers pointing down. This exercise helps stretch the forearm flexor muscles, and can help with repetitive strain injuries to the wrist and elbow, as well as golfer's elbow.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/oQpskjE937M>



Ice for medial elbow pain

Use an ice pack or pack of frozen peas (wrapped in a thin towel) over the inside of your elbow. This can be useful for golfer's elbow, as well as other pathologies of the elbow. 10 mins on/10 mins off.

Hold for 10 minutes | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/HesaON0y3fg>

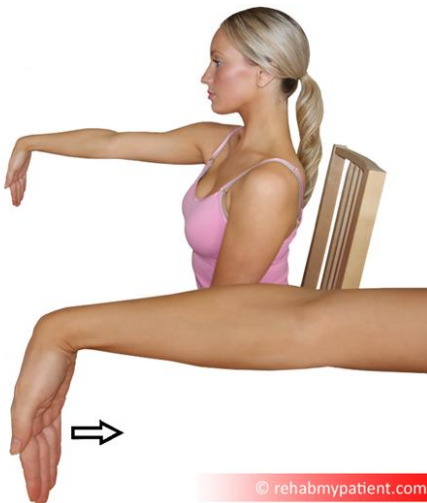


Wrist flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

Hold for 30 | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/ZwWbkgXE31k>



Wrist flexion passive

Use your hand to bend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of the wrist and stretch the forearm muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/OzDByp1X0jg>





Wrist flexion dumbbell

Rest your hand and wrist on a table. Hold a dumbbell, and bend your wrist. This is a strengthening exercise for your wrist, forearm and elbow. 15 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/A5wNJb2ZfOg>

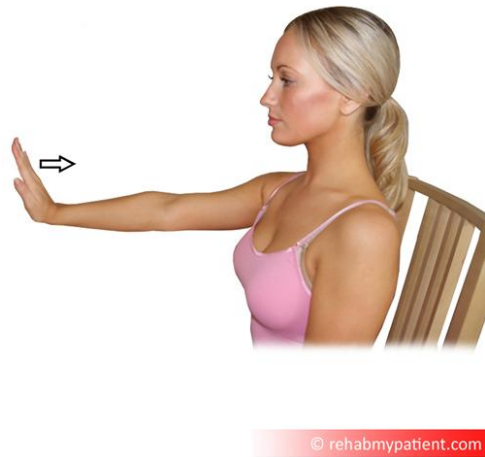


Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow. 15 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/D5QaYLd_JA0



Wrist extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/mdrFgA30AwE>

Wrist extension passive

Use your hand to extend your own wrist. Make sure you keep your wrist relaxed. This is a passive exercise used to improve the mobility of your wrist, and to stretch the forearm muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/iOSR-EQr6Wk>



Radial deviation

Hold your arm in front of you, with your thumb facing up. Move your wrist to the side in the direction of your thumb. This exercise will help improve the mobility of your wrist. 30 reps

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/bVicAeQgUWA>



Ulnar deviation

Hold your arm in front of you, with your thumb facing up. Move your wrist to the side in the direction of your little finger. This exercise will help improve the mobility of your wrist. 30 reps.

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/WCwhor0vCew>



Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!