

Exercise plan:
Tennis 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. 15 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 hammer curl

Imagine you are holding a hammer (the thumb will point towards the elbow), and bend your elbow. At your end of range, let the arm return back down to your start position. This will help mobilise your elbow joint. 30 reps

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

Video: <http://youtu.be/90Ob88P27lw>

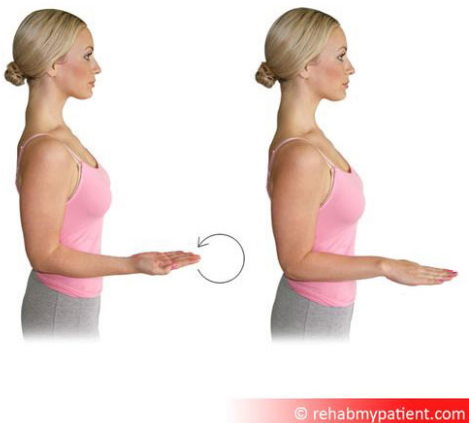


Elbow flexion Bicep curl DB

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>

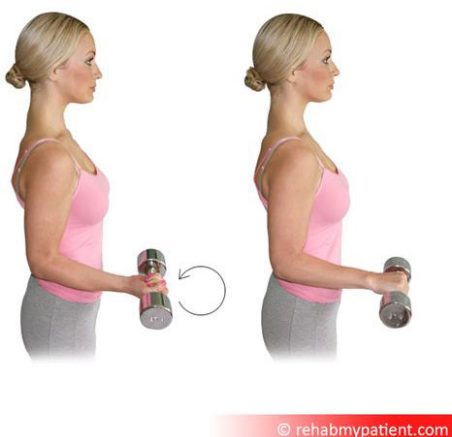


Elbow flexion pronation

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



Forearm Extensor stretch

Hold your arm out in front of you, straighten it, rotate your arm inwards, and bend your wrist back. Hold this position to create a stretch. This exercise stretches the forearm Extensor muscles, and can help with tennis elbow pain and other repetitive strain injuries.

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

Video: <http://youtu.be/gRmAdcJvGJ0>



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Ice for lateral elbow pain

Use an ice pack or pack of frozen peas (wrapped in a thin towel) over the outside of your elbow. This can be useful for tennis elbow and repetitive strain injuries, as well as other pathologies of the elbow. 10mins on, 10 mins off.

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

Video: <http://youtu.be/OO7dJEfhTdg>

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Ulnar and radial deviation

Hold your arm in front of you, with your thumb facing up. Deviate your hand to one side, and then the other. 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/PQ33Dz5eoDE>



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Radial deviation stretch

Hold your arm in front of you, with your thumb facing up. Pull your hand to the side of your thumb, to create a stretch on the outside of the wrist.

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

Video: <https://youtu.be/Ar2PdKk-nTg>



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Ulnar deviation stretch

Hold your arm in front of you, with your thumb facing up. Pull your hand to the side of your little finger, to create a stretch on the inside of your wrist and forearm.

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

Video: <http://youtu.be/8IWdPDfTBB0>



Radial and ulnar deviation dumbbell

Hold a dumbbell with your arm outstretched in front of you, and deviate your wrist to one side and then to the other side. This is a strengthening exercise for the wrist, forearm and elbow. 15 reps

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

Video: <http://youtu.be/saJbuK47z-4>



Ball squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezey items. 2 mins on each hand.

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

Video: <http://youtu.be/EMx8Ufccvik>

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