

## Exercises for Tennis elbow

Tennis elbow recovery time varies with each person and may take several weeks. Recovery may be faster and more successful when a combination of local injections (e.g. steroids or hyaluronic acid) followed by a rehabilitation program that includes exercise and ice packs (10-15 min several times a day).

It's important to improve or change techniques and equipment that may have caused tennis elbow. You can consult:

- Occupational Health at your working place, who can help you find new ways to do everyday things that cause pain or trouble. Also they can help in designing your equipment and train you in techniques that improve your workplace comfort and efficiency.
- A sports trainer, who can help with sporting activities and equipment.

It is advisable to start the exercises program with stretching exercise as well as eccentric exercises followed by strengthening exercises.

### Stretching exercises:

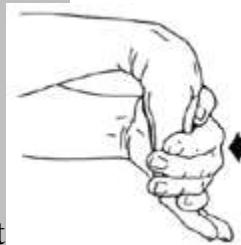
#### The Super 7 For Tennis Elbow

The "super 7" exercises are an important part of treatment for tennis elbow. They are designed to strengthen the muscles in the forearm and increase flexibility through stretching. In most cases these exercises will help relieve elbow pain in about 4 to 6 weeks. Each stretching exercise is held for 15 seconds and repeated 2 or 3 times. This pattern is repeated 5 times a day.



Exercise 1. Stretching the muscles that extend the wrist (extensor muscles): Straighten the arm out fully and push the palm of the hand down so you feel a stretch across the top of the forearm.

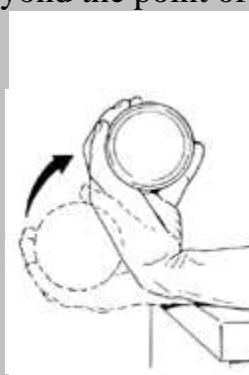
Exercise 2. Stretching the muscles that flex the wrist (flexor muscles): straighten the arm out fully (palm side up), and push the palm downward to stretch. Strengthening exercises are performed twice a day following the stretching exercises. To perform these exercises, the patient sits in a chair with the elbow supported on the edge of a table or on the arm of the chair the wrist hanging over the edge. Use a light weight



such as a hammer or soup can when performing the strengthening exercises. Repeat the exercises 30 to 50 times, twice a day, but do not push yourself beyond the point of pain.



**Exercise 3. Strengthening wrist extensor muscles:**  
Hold the weight in the hand with the palm facing down. Extend the wrist upward so that it is pulled back. Hold this position for 2 seconds and then lower slowly.

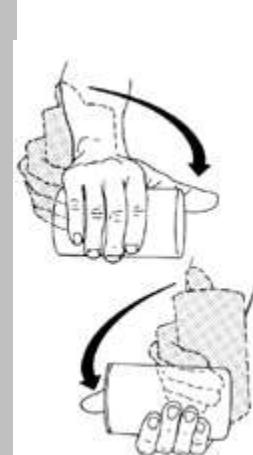


**Exercise 4. Strengthening wrist flexor muscles:**  
Hold the weight in the hand with the palm up. Pull the wrist up, hold for 2 seconds and lower slowly.



**Exercise 5. Strengthening the muscles that move the wrist from side to side (deviator muscles):** Hold the weight in the hand with the thumb pointing up. Move the wrist up and down, much like hammering a nail. All motion should occur at the wrist.

**Exercise 6. Strengthening the muscles that twist the wrist (pronator and supinator muscles):** Hold the weight in the hand with the thumb pointing up. Turn the wrist inward as far as possible and then outward as far as possible. Hold for 2 seconds and repeat as much as pain allows, up to 50 repetitions.



**Exercise 7. Massage** is performed over the area of soreness. Apply firm pressure using 2 fingers on the area of pain and rub for 5



minutes.

If exercise aggravates any of your symptoms, contact your treating doctor. These exercises can be used to prevent or rehabilitate injuries in people who play sports or in those who do repetitive forearm work.

**Reference:** <http://www.hughston.com/hha/a.seven.htm>

## Eccentric Exercises:



Figure 1A: Rubber bar held in involved (right) hand in maximum wrist extension.



Figure 1B: Other end of rubber bar grasped by noninvolved (left) hand.



Figure 1C: Rubber bar twisted by flexing the noninvolved wrist while holding the involved wrist in extension.



Figure 1D: Arms brought in front of body with elbows in extension while maintaining twist in rubber bar by holding with noninvolved wrist in full flexion and the involved wrist in full extension.



Figure 1E: Rubber bar slowly untwisted by allowing involved wrist to move into flexion i.e. eccentric contraction of the involved wrist extensors.

Tips regarding the use of the rubber bar:

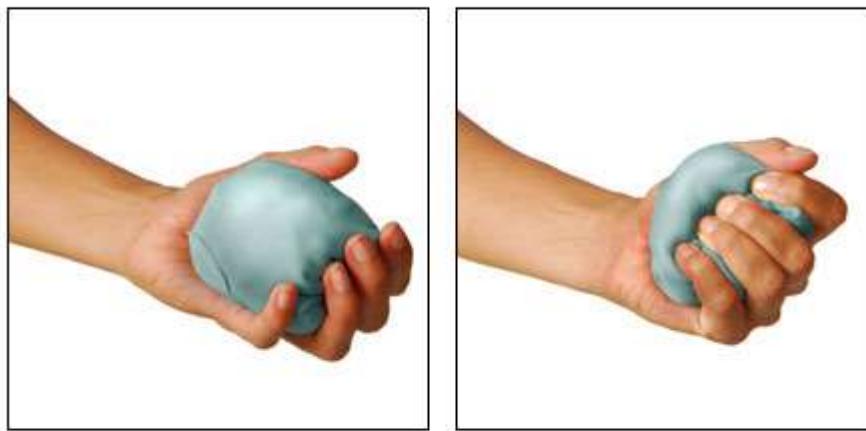
- Try first the massage and ice packs application.
- The rubber bar comes in three colors which refer to different band resistances - red is the easiest and blue is the hardest, with green in between.
- It can be used to help both tennis elbow and Golfer's elbow.
- you use it by holding it in both hands at a comfortable level. It requires you to twist it with your normal hand - then, release the twist with your affected hand over 4 seconds. Then untwist with the affected side.
- Do the exercise sets of 15, 3 times daily for 6 weeks.

Link to “youtube video”:

<http://www.youtube.com/watch?v=A2QQaVfeI4U>

## More Strengthening Exercises:

### 1. Ball or sock squeeze



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1. Hold a tennis ball (or a rolled-up sock) in your hand.
2. Make a fist around the ball (or sock) and squeeze.
3. Hold for about 6 seconds, then relax for up to 10 seconds.
4. Repeat 8 to 12 times.
5. Switch the ball (or sock) to your other hand and do 8 to 12 times.

### 2. Wrist deviation

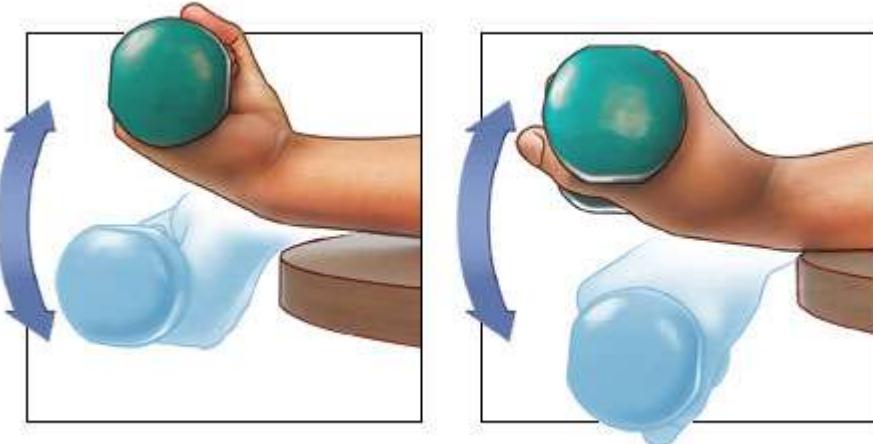


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1. Sit so that your arm is supported but your hand hangs off the edge of a flat surface, such as a table.

2. Hold your hand out like you are shaking hands with someone.
3. Move your hand up and down.
4. Repeat this motion 8 to 12 times.
5. Switch arms.
6. Try to do this exercise twice with each hand.

### 3. Wrist curls



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1. Place your forearm on a table with your hand hanging over the edge of the table, palm up.
2. Place a 1- to 2-pound weight in your hand. This may be a dumbbell, a can of food, or a filled water bottle.
3. Slowly raise and lower the weight while keeping your forearm on the table and palm facing up.
4. Repeat this motion 8 to 12 times.
5. Switch arms, and do steps 1 through 4.
6. Repeat with your hand facing down toward the floor. Switch arms.

#### 4. Biceps curls



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1. Sit leaning forward with your legs slightly spread and your left hand on your left thigh.
2. Place your right elbow on your right thigh, and hold the weight with your forearm horizontal.
3. Slowly curl the weight up and toward your chest.
4. Repeat this motion 8 to 12 times.
5. Switch arms, and do steps 1 through 4.