Level 1 Exercises for: Lateral Epicondylitis (Tennis Elbow)

Notes:

1- Wrist extensors stretching - Repetition:3 / Hold:30

   Extend one arm out in front with the elbow straight. Use the other hand to grasp it at the side of the thumb and bend the wrist downward. Turn wrist towards the small finger to increase the stretch.

2- Extensors stretching - Repetition:3 / Hold:30

   Place the arms at chest height with elbows bent and hands together. With the back of each hand touching each other, raise the wrists till a stretch is felt on top of the forearm. Hold the stretch.

3- Supinators stretch - Repetition:3 / Hold:30

   Bend one elbow and place it next to your body. Keep the palm facing down on the stretched arm. Place the other hand above your wrist. Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm. Hold this position and then repeat.

4- Wrist extension - Sets:2 / Repetition:10 / Hold:5 seconds

   Sit up straight in a chair with your arm on top of a table so that only your hand hangs over the edge. Your palm should face down. With your elbow straight, lift up your hand as high as you can then lower under control.

5- Seated active supination - Sets:2 / Repetition:10 / Hold:5 seconds

   Sit up straight in a chair with your elbow tucked in by your side and your forearm perpendicular to your upper arm. Turn your palm up towards the ceiling as much as you can without moving the arm and then come back with the palm facing sideways and repeat. To progress, repeat with a weight in your hand.
6- Isometric wrist extension - Sets: 2 / Repetition: 10 / Hold: 5 seconds

Place the involved hand palm down on a table and hold it down with the other hand. Keep your elbow on the table and try to raise your hand against the resistance of your top hand. Hold for the recommended duration.

7- Isometric radial deviation - Sets: 2 / Repetition: 10 / Hold: 5 seconds

Support the involved hand by placing the other hand along the index finger with your palm. Try to bend your wrist toward your thumb against the free hand, not allowing it to move. Hold the contraction for the recommended time, relax and repeat.