

Tennis Elbow Instructions and Home Exercise Program

Hot or Cold?

In the acute, inflamed stage, ice will give you the most relief from pain. Ice massage is best when applied directly to the skin. The ice will reduce pain and increase circulation.

In the chronic, sore stage, moist heat will probably feel best. It can be applied through hot packs or warm damp towels. Heat provides the same benefits. It is important to keep your arm and wrist in the position advised by your therapist while applying the heat or ice.

Massage

Deep friction massage over the area of pain after the ice or heat will help increase circulation. The object is to make it hurt. During each exercise period there should be five minutes of massage. It is important to only perform this procedure if instructed by your therapist.

Exercises

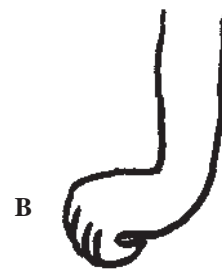
All periods of exercise should begin and end with your modality (heat or ice). Massage should be included. A minimum amount of exercise is three times per day. Repetitions and sets will be determined by your therapist.

Active Exercises

1. Forearm supported, wrist over edge,
 - A. Start with palm up. Bend wrist forward with fingers straight (flexion).
 - B. Start with palm down. Bend wrist back with fingers fisted (extension).
 - C. Start with thumb up. Bend wrist up and down.

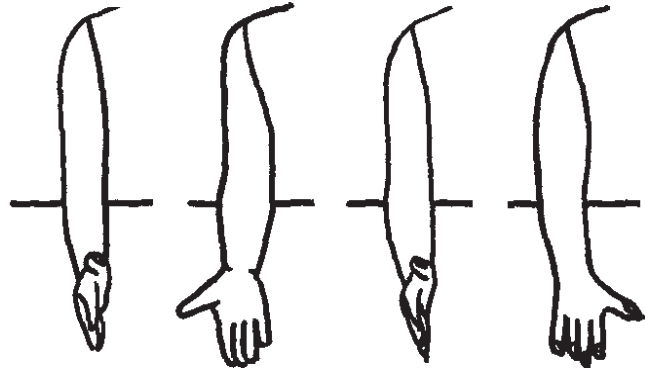


2. Arm at side, straighten out forearm.
 - A. Turn hand over so back of hand is forward.
 - B. Cock wrist up with fingers fisted.
 - C. Slowly straighten fingers with wrist cocked up.



3. Arm at side, elbow bent.
 - A. Turn hand so palm is up; then turn over so that palm is down.

Continued



Isometric Exercises

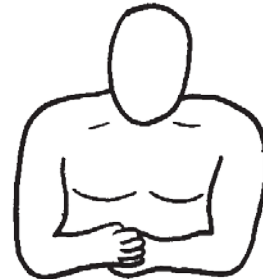
1. Forearm supported, wrist over edge.
 - A. With palm up, finger straight, cock wrist up and push down with other hand.
 - B. With palm down, fingers fisted, cock wrist up and push down with hand.
 - C. With thumb up, cock wrist up and push down with other hand.
2. Forearm and wrist supported, fingers straight,



push down on fingers with other hand.



3. Grip fingers across chest with other hand and pull.
(If painful, decrease force.)



Resisted Exercises

Repeat the active exercises with a weight in your hand. Begin with 1 lb. and 2 lbs. until you can perform three sets of ten repetitions without difficulty.

Endurance Training

1. Resistive Exercises
 - A. Standing with arm at your side, weight in hand.
 1. **With palm up**, raise hand to shoulder.
 2. **With thumb up**, raise hand to shoulder.
 2. **With back of hand up**, raise hand to shoulder.
2. Support your forearm and raise and lower your wrist as fast as you can until fatigued, approximately two minutes.

