

Lateral Epicondylitis

Home Exercise Program



Lateral Epicondylitis Transverse Friction Massage

Massage area experiencing soreness and pain in a side to side motion at a moderate pressure.

Can be done for 2 to 3 minutes.

Video # VVGUT8QX9

Repeat 1 Time
Hold 3 Minutes
Perform 2 Times a Day



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Video # VVHCXREZJ

Repeat 3 Times
Hold 15 Seconds
Perform 2 Times a Day



WRIST PRONATION STRETCH

Rest your arm on a table, then grasp your wrist as shown and gently turn your affected wrist towards palm face down.

Keep your elbow straight and resting on a table during this stretch.

Video # VVFF7EB5H

Repeat 3 Times
Hold 15 Seconds
Perform 2 Times a Day



WRIST EXTENSION CURLS - FREE WEIGHT - THIGH

While holding a small free weight / dumbbell / small can of soup, place your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Video # VVX7MZNWY

Repeat	15 Times
Complete	3 Sets
Perform	1 Times a Day

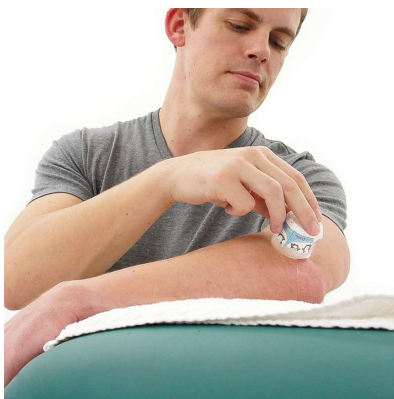


HAMMER PRONATION SUPINATION

Slowly lower a hammer towards the inside and then outside of the body as shown.

Video # VV3UDLD8J

Repeat	10 Times
Complete	3 Sets
Perform	1 Times a Day



ICE MASSAGE TO LATERAL EPICONDYLE - COMMON WRIST EXTENSOR TENDON - TENNIS ELBOW

Place direct ice from an ice massage cup to the lateral epicondyle of the elbow as shown (the wrist extensor tendon area). Move the ice in a circular motion for up to 5 minutes (no more). Use towels to catch the water drippings. This is commonly the area of inflammation as describe with a Tennis Elbow injury.

You should feel 4 stages of sensations starting with... 1. Uncomfortable sensation of cold, then 2. Stinging, then 3. Burning or aching feeling, then 4. Numbness

If the pain is too great to handle, lift it off your skin for a few seconds, dab with towel and then place it back on for a few circular motions and repeat.

***Do not perform for more than 5 minutes or you may run the risk of frost bite and cause death to the tissue. Use a timer to be safe.

Video # VVCMC5PSJ

Duration	5 Minutes
Perform	2 Times a Day

