

Medial Epicondylitis

Home Exercise Program



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	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



WRIST FLEXOR STRETCH

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

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

Video # VVNUN4TAS

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



Medial 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 # VVN5WY6LN

Repeat	1 Time
Hold	3 Minutes
Perform	1 Times a Day



Medial Epicondyle Self-Release

Begin sitting with arm completely relaxed. Perform soft-tissue massage to the area on the inside of the elbow. Go in all directions and if you find a tight area sit there with sustained pressure for 30 seconds.

Perform this activity for 5-10 minutes and 3-4x per day.

This activity should be done at least twice per day with the activation exercises.



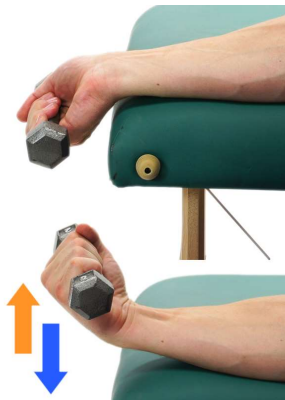
WRIST SUPINATION STRETCH

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

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

Video # VVE9EE4GH

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



WRIST FLEXION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

Video # VVB5UZ4N8

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



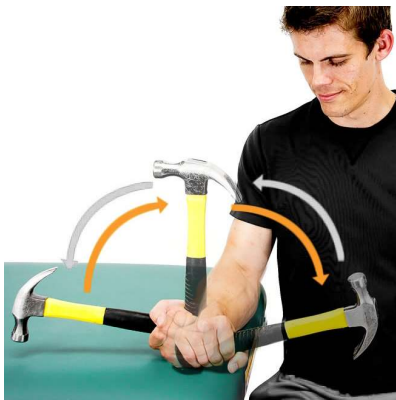
Tennis Ball Gripping

Begin in a sitting position.

Hold tennis ball in hand and perform repeated grips.

If gripping results in pain do not grip as hard. This should be a pain free exercise.

Repeat	20 Times
Hold	2 Seconds
Complete	2 Sets
Perform	2 Times a Day



HAMMER PRONATION SUPINATION

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

Video # VV3UDLD8J

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



ICE MASSAGE TO MEDIAL EPICONDYLE - COMMON WRIST FLEXOR TENDON

Place direct ice from an ice massage cup to the medial epicondyle of the elbow as shown (the common wrist flexor 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 Golfer's 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 # VVPNQ2EWU

Duration	5 Minutes
Perform	1 Times a Day

