



## Lateral Epicondylitis Home Exercise Program

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**\*These simple exercises should be performed 3 times a day. If a brace has been prescribed, remove it during these exercises.**

### Stretching

With elbow straight and palm facing down, use other hand to push the wrist towards the floor for 15 seconds and repeat 5 times.

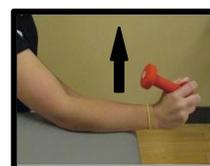


### Strengthening

**Wrist Extension/Flexion:** This exercise should be performed seated with the elbow bent to 90 degrees. Hold a 1 pound weight in your hand with the knuckles towards the ceiling. Slowly raise and lower your wrist. Do 3 sets of 10 repetitions with a minute rest in between. Build up the weights as tolerated until you can comfortably lift 10 pounds. At that time, transition to performing this exercise with a one pound weight with the elbow held out straight. Do 3 sets of 10 repetitions with a minute rest in between. Build up the weights as tolerated until you can comfortably lift 10 pounds.

**Wrist Supination/Pronation:** In a similar position as above, rotate your wrist back and forth as if you were turning a key in a lock. Start with 1 pound and increase weights, always doing 3 sets of 10 repetitions. Once 10 pounds is reached, begin to extend the elbow as before.

**Wrist deviation:** In a similar position as before, deviate the wrist from side to side. Your knuckles should be upright. Start with 1 pound and increase weights, always doing 3 sets of 10 repetitions. Once 10 pounds is reached, begin to extend the elbow as before.



### Ice/Friction Massage

Using an ice cup, gently massage affected area for 2-3 minutes.

Massage affected area with two fingers, perpendicular to the tendon length, as shown in the picture. Massage 3 to 5 minutes as tolerated.

Once again, using an ice cup, gently massage affected area for approximately 10 minutes



**\* Remember, be patient! You should not expect results overnight. For best chance with anti-inflammatory medications and/or a brace if directed by your physician.**