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 of resolution, combine this exercise program with anti-inflammatory medications and/or a brace if directed by your physician.*