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## Medial Epicondylitis Home Exercise Program

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

# Stretching

With elbow straight and palm facing down, hand to push the wrist towards the floor. Hold 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 weight, always do 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.
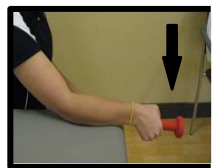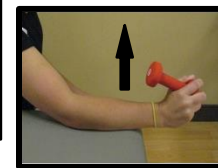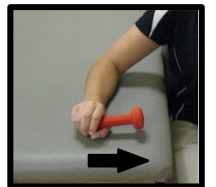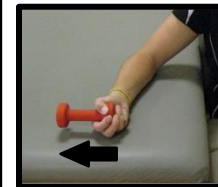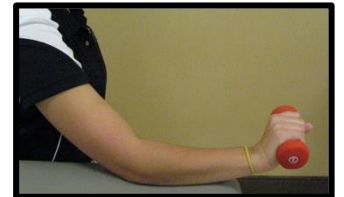


# Ice/Friction Massage

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