







Elbow Tendinopathy Program

EXERCISES	REPS AND SETS	SPECIAL NOTES
Wrist Flexion Stretch	Hold 10-30 sec Repeat 4-10 times per day	Keep elbow straight. Hold a tolerable stretch. Palm down.
Wrist Extension Stretch		Keep elbow straight. Hold a tolerable stretch. Palm up.
Wrist Extension Lowers	8-15 reps 2-4 sets	Control the lower, remove the weight when rising. Palm down.
Wrist Flexion Lowers		Control the lower, remove the weight when rising. Palm up.

REMINDERS

1.

ELBOW TENDINOPATHY EXERCISE DESCRIPTIONS

Wrist Flexion Stretch	
	<ul style="list-style-type: none"> • Start with a straight elbow. Grab the involved hand with the opposite hand. • Gently push that wrist down feeling a stretch on the back side of your forearm.
Wrist Extension Stretch	
	<ul style="list-style-type: none"> • Start with a straight elbow. Grab the involved hand with the opposite hand. • Gently pull the hand up feeling a stretch on the front side of your forearm and inner part of your elbow.
Wrist Extension Lowers	
	<ul style="list-style-type: none"> • Place your forearm on a table with your wrist and hand hanging off the edge and your palm facing UP. • Bring your wrist up, place a dumbbell in your hand, then slowly lower. • Remove the dumbbell from your hand at the bottom of the move and repeat.
Wrist Flexion Lowers	
	<ul style="list-style-type: none"> • Place your forearm on a table with your wrist and hand hanging off the edge and your palm facing DOWN. • Curl your wrist up, place a dumbbell in your hand, then slowly lower. • Remove the dumbbell at the top of the move and repeat.