

Exercise plan:  
Golfers elbow advanced website

Patient:  
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Date:  
24th Apr 2020

### Wrist Flexion Dumbbell

Rest your hand and wrist on a table. Hold a dumbbell, and bend your wrist. This is a strengthening exercise for your wrist, forearm and elbow.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/A5wNJb2ZfOg>



### Eccentric Wrist Flexion

Rest your arm on a table with your palm facing up, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull the hand back down. This is a strengthening exercise for the wrist, elbow and forearm and can be useful for golfer's elbow.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/BLkFu48ejLo>



### Elbow Flexion Bicep Curl DB

Bend your elbow while holding a dumbbell. At the top of the movement, slowly lower the dumbbell in a controlled way. Keep your elbow tucked in to your side. This is a strengthening exercise for your elbow and upper arm (Biceps muscle).

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/huGPK1j9WRA>





## Elbow Flexion Hammer DB

Hold a dumbbell the same way you would hold a hammer, and bend your elbow. At the top of the movement, slowly and in a controlled way let the dumbbell return to the start position. This will strengthen an important muscle around the elbow, the brachioradialis.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/ITW8xZirNL8>