

Exercise plan:
Tennis elbow advanced website

Patient:
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Date:
24th Apr 2020



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>



Chest Press with DB

Lying on a bench, grasp dumbbells in your hands with your elbows bent at 90 degrees. Straighten your arms to lock your elbows out, and bring the weights close together. Lower the weights down, but do not take the weights below horizontal, or chest level. This exercise predominantly strengthens the pectoral (chest) and triceps (upper arm) muscles.

Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/fdG_7jV_c88



Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, 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 your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow.

Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/D5QaYLd_JA0



Wrist Extension Dumbbell

Rest your arm on a table with your palm facing down. Hold a dumbbell and extend your wrist. This is a strengthening exercise for the wrist, forearm, and elbow.

Repeat 15 times | Perform 3 times daily

Video: http://youtu.be/y1SmRfd_1Po