CHCP MSK PHYSIOTHERAPY

Phone: 01377 208300
www.chcpmsk.org.uk

| Exercise plan:	Patient:	Date:
Golfers elbow exercises - EASY	**CHCP WEBSITE**	**24th Apr 2020**

Dear Patient,
You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.
There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Elbow Flexion Pronation
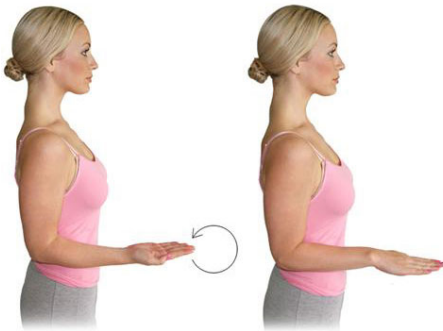
Bend your arm to 90 degrees, and rotate your forearm up and down. This will help mobilise your elbow joint.

Sets: 3 | Repetitions: 10

Video: http://youtu.be/1vNGtyv0xbo

Elbow Extension

Straighten your elbow slowly, and in a controlled way. Bring your elbow back up, and then repeat. This will help mobilise your elbow joint.

Sets: 3 | Repetitions: 10
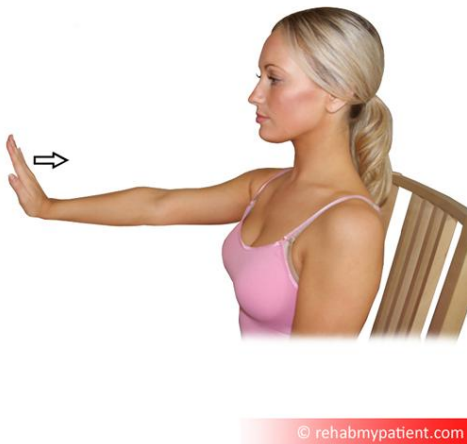
Video: http://youtu.be/p9NWdru3m0o

Elbow Flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint.

Sets: 3 | Repetitions: 10

Video: http://youtu.be/HiyVS_7hrG8

Wrist Extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Sets: 3 | Repetitions: 10

Video: http://youtu.be/mdrFgA30AwE

Wrist Flexion Isometric

Resist bending your wrist. Your wrist should not move. This is a strengthening exercise for the wrist and elbow.

Sets: 3 | Repetitions: 5 | Time: 3

Video: http://youtu.be/82QVCyyl-F8