

Exercise plan:
**Golfers elbow exercises -
MODERATE**

Patient:
CHCP WEBSITE EXERCISES

Date:
10th Jan 2024

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.



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.

Sets: 3 | Repetitions: 10

Video: <http://youtu.be/A5wNjb2ZfOg>



Eccentric Wrist Extension

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.

Sets: 3 | Repetitions: 10

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



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.

Sets: 3 | Repetitions: 10

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