

Exercise plan:
**Golfer's elbow exercises -
ADVANCED**

Patient:
CHCP WEBSITE

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.



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: 8-12 | Days per week: 4-6

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



Elbow Flexion Biceps 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).

Sets: 3 | Repetitions: 8-12 | Days per week: 4-6

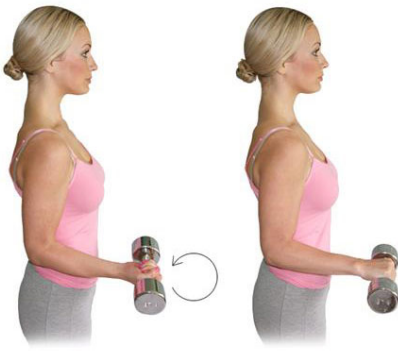
Video: <http://youtu.be/huGPK1j9WRA>

Elbow Flexion Pronation DB

Bend your arm to 90-degrees, and holding a weight or a dumbbell, rotate your forearm up and down. This will strengthen the muscles around the elbow.

Sets: 3 | Repetitions: 8-12 | Days per week: 4-6

Video: http://youtu.be/X_nYJZ2F4jc



Wrist Extension Stretch Table

Place your palm flat on a table with your fingers pointing towards you. Straighten your arm while you keep your palm flat on the table to create a stretch to the forearm flexor muscle group. Hold this stretch, and relax.

Sets: 3 | Repetitions: 5 | Time: hold for up to 10 seconds | Days per week: 4-6

Video: <http://youtu.be/AVo7ZAY3Mag>