

Exercise plan:
Tennis Elbow exercises - EASY

Patient:
CHCP WEBSITE EXERCISES

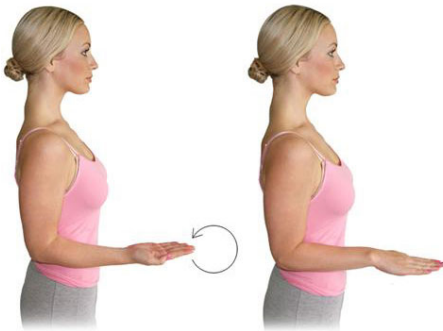
Date:
11th Aug 2023

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: 5-15 | Days per week: 5-7

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

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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: 5-15 | Days per week: 5-7

Video: http://youtu.be/HiyVS_7hrG8

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Elbow Flexion Hammer Curl

Imagine you are holding a hammer (the thumb will point towards the elbow), and bend your elbow. At your end of range, let the arm return back down to your start position. This will help mobilise your elbow joint

Sets: 3 | Repetitions: 5-15 | Days per week: 5-7

Video: <http://youtu.be/90Ob88P27lw>



Wrist Extension Isometric

Resist extending your wrist. You can do this by placing your hand in front of you, horizontally. Place your other hand on top of your wrist and resist the movement of your hand upwards. Your wrist should not move. This is a strengthening exercise for the wrist, forearm and elbow. Do this gently initially and gradually push harder as you feel able to.

Sets: 3 | Repetitions: 5-10 | Time: hold for 5-10 seconds | Days per week: 5-7

Video: <http://youtu.be/eN11ojjIVZE>

