

Exercise plan:
**Tennis Elbow exercises -
ADVANCED**

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.

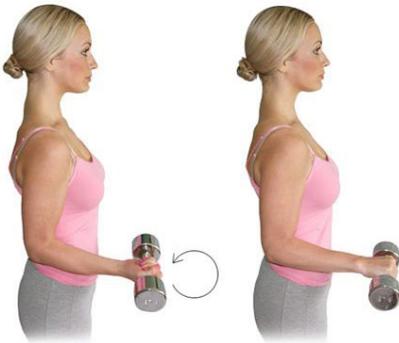
There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Elbow Flexion Pronation 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



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Elbow Flexion Pronated DB

Hold a dumbbell in one hand, with your palm facing down. Flex your elbow to bring the outside of your hand up to your shoulder. This is a forearm strengthening exercise.

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

Video: https://youtu.be/Zj1_8yd34KE



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Military Press

Standing or sitting, grasp a dumbbell in each hand, and lift it above your head. Slowly lower it back down to the horizontal. This exercise works the deltoid muscle group.

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

Video: <http://youtu.be/Xofnbl-NrTU>



Lateral Raise with Dumbbell

Holding a dumbbell, lift your arm to the side to shoulder level. Slowly return to your side. This is a strengthening exercise for your shoulder, especially to the deltoid muscle and rotator cuff.

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

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



Drawing the Sword with Dumbbell

Grasp a dumbbell and start the movement near your opposite knee, with your palm facing back. Lift your arm above your head and to the side. At the top of the movement, your palm should be facing forwards (i.e. the arm has turned out). Imagine you are drawing a sword out of its sheath. Return to the start position. This is a great mobility and strengthening exercise for your shoulder.

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

Video: <http://youtu.be/Rc12Jrpqjlo>