

Exercise plan:  
**Elbow - Lateral Epicondylitis**

Patient:  
**Mr Mark Poolan**

Date:  
**18th Apr 2020**



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### Triceps Stretch

Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. You should feel a stretch under your arm (between your elbow and shoulder). This exercise stretches the tricep muscle.

**Hold for 40 seconds | Repeat 2-4 times | Perform 2 times daily | Perform both sides**

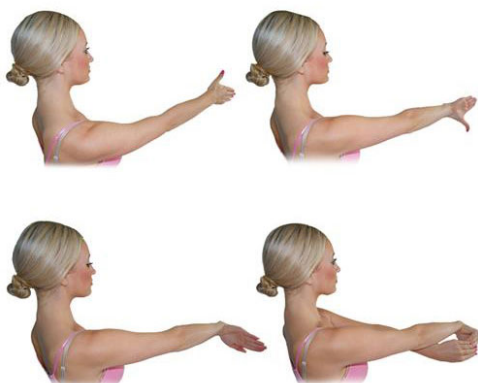
Video: [http://youtu.be/5U\\_L-YJTxpc](http://youtu.be/5U_L-YJTxpc)

### Forearm Extensor Stretch

Hold your arm out in front of you, straighten it, rotate your arm inwards, and bend your wrist back. Hold this position to create a stretch. This exercise stretches the forearm Extensor muscles, and can help with tennis elbow pain and other repetitive strain injuries.

**Hold for 40 seconds | Repeat 2-4 times | Perform 2 times daily | Perform both sides**

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



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### Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, 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 your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow.

**Hold for 2-3 seconds | Repeat 3 sets x 15 times | Perform 2 times daily | Perform both sides**

Video: [http://youtu.be/D5QaYLd\\_JA0](http://youtu.be/D5QaYLd_JA0)

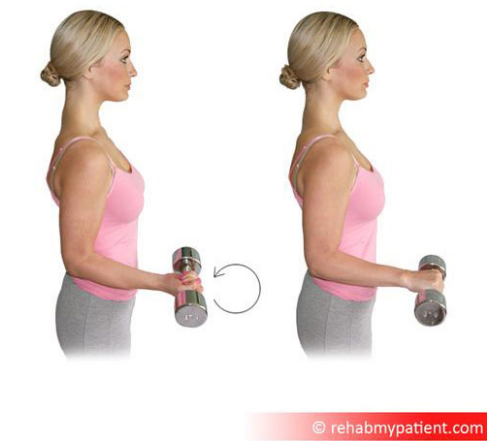


### Radial Deviation Dumbbell

Hold a dumbbell with your arm outstretched in front of you, and deviate your wrist to the side of your thumb. This is a strengthening exercise for the wrist, forearm and elbow.

**Hold for 2-3 seconds | Repeat 3 sets x15 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/P9etvUpeZAO>



### 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.

**Hold for 2-3 seconds | Repeat 3 sets x 15 times | Perform 2 times daily | Perform both sides**

Video: [http://youtu.be/X\\_nYJZ2F4jc](http://youtu.be/X_nYJZ2F4jc)

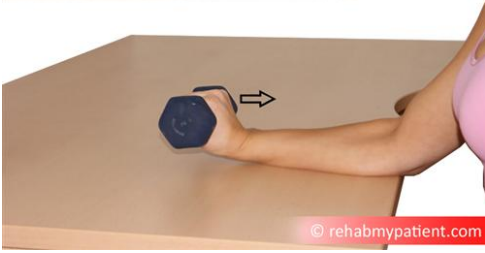


### Wrist Roller Dumbbell/Barbell

Hold on to a barbell or dumbbell with your palms facing down. Roll the dumbbell in one direction, and then the other. This is an excellent wrist strengthening exercise. You can also roll the dumbbell with the palms facing up as a variation.

**Hold for controlled movement | Repeat each direction 15 times | Perform 1-2 times daily**

Video: <http://youtu.be/esVkv4xwg38>



## Wrist Extension Dumbbell

Rest your arm on a table with your palm facing down. Hold a dumbbell and extend your wrist. This is a strengthening exercise for the wrist, forearm, and elbow.

**Hold for 2-3 seconds | Repeat 3 sets x 15 times | Perform 2 times daily**

Video: [http://youtu.be/y1SmRfd\\_1Po](http://youtu.be/y1SmRfd_1Po)



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## Ball Squeeze

Squeeze a small ball in your hand. Use this to strengthen your thumb and fingers. You can also use putty, a small towel, or other small squeezable items.

**Hold for 5-10 seconds | Repeat 10 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/EMx8Ufccvik>

## P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Lateral Epicondylitis.pdf](#)

Dear Mr Poolan, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [info@mksportsinjuryclinic.co.uk](mailto:info@mksportsinjuryclinic.co.uk). Good luck and keep with it!

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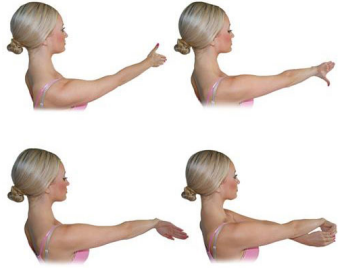
# Exercise Diary:



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## Triceps Stretch

18. Apr (Week 1)							25. Apr (Week 2)							02. May (Week 3)							09. May (Week 4)						
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## Forearm Extensor Stretch

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## Eccentric Wrist Extension

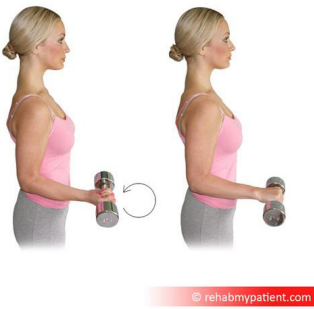
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## Radial Deviation Dumbbell

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### Elbow Flexion Pronation DB

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### Wrist Extension Dumbbell

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### Ball Squeeze

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