
Education

Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises

You may do the stretching exercises right away. You may do the strengthening exercises when stretching is nearly painless.

Stretching exercises

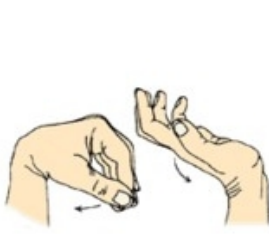
- Wrist range of motion: Bend your wrist forward and backward as far as you can. Do 3 sets of 10.
- Wrist stretch: With your uninjured hand, help to bend the injured wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets.
- Pronation and supination of the forearm: With your elbow bent 90°, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90° throughout this exercise. Do 3 sets of 10.

Strengthening exercises

- Wrist flexion exercise: Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- Wrist extension exercise: Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.
- Forearm pronation and supination strengthening: Hold a soup can or hammer handle in your hand and bend your elbow 90°. Slowly rotate your hand with your palm upward and then palm down. Do 3 sets of 10.
- Elbow flexion and extension: Hold a can of soup with your palm face up. Slowly bend your elbow so that your hand is approaching your shoulder. Then lower it slowly so your elbow is completely straight. Do 3 sets of 10. Slowly increase the weight you are using.

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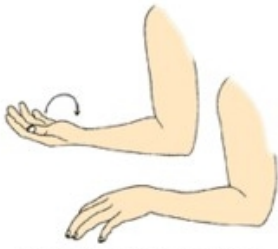
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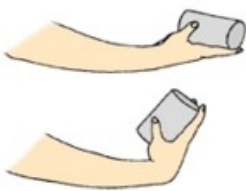
Wrist range of motion



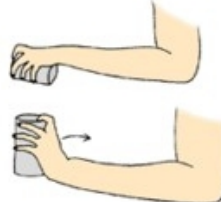
Wrist stretch



Pronation and supination of the forearm



Wrist flexion exercise



Wrist extension exercise



Grip strengthening



Forearm pronation and supination strengthening



Elbow flexion and extension