

## *Home Exercise Program for Epicondylitis*

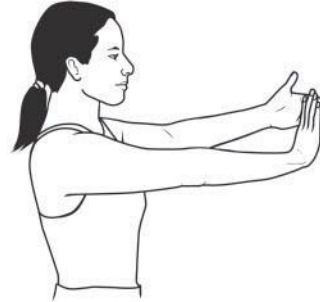
- Perform the exercises in the order listed.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the painful area of the elbow for 20 minutes after performing the exercises.
- If you are unable to add weight or perform the indicated number of repetitions because of pain, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

### **Home Exercise Program for Epicondylitis**

| Exercise Type                    | Muscle Group                            | Number of Repetitions/Sets                                     | Number of Days per Week | Number of Weeks |
|----------------------------------|---|--|-------------------------|-----------------|
| Wrist flexion (stretching)       | Wrist extensor muscle group             | Hold for 15 seconds; repeat 5 times.<br>Perform on both sides. | 5 to 7                  | 3 to 4          |
| Wrist extension (stretching)     | Wrist flexor muscle group               | Hold for 15 seconds; repeat 5 times.<br>Perform on both sides. | 5 to 7                  | 3 to 4          |
| Elbow extension                  | Elbow extensor muscle group             | Work up to 3 sets of 10 repetitions, 2 to 3 times per day      | 5 to 7                  | 3 to 4          |
| Wrist flexion and extension      | Wrist flexor and extensor muscle groups | Work up to 3 sets of 30 repetitions, 1 to 2 times per day      | 5 to 7                  | 3 to 4          |
| Forearm supination and pronation | Supinator and pronator teres            | Work up to 3 sets of 10 repetitions, 1 to 2 times per day      | 5 to 7                  | 3 to 4          |

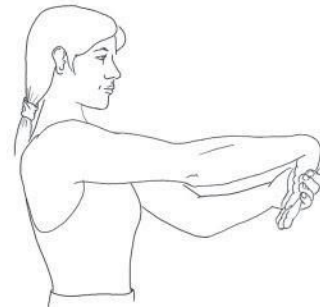
### Wrist Flexion (Stretching)

- To stretch the wrist flexors, straighten the elbow and bend the wrist back as if signaling someone to “stop.”
- Use the opposite hand to apply gentle pressure across the palm and pull it as far toward the body as it will comfortably go, keeping the elbow straight. Hold for 15 seconds.
- Repeat 5 times.
- Perform on both sides, 5 to 7 days per week, for 3 to 4 weeks.



### Wrist Extension (Stretching)

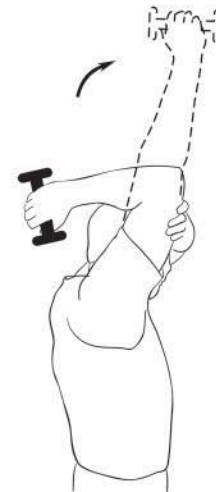
- To stretch the wrist extensors, straighten the elbow and bend the wrist so that the fingers are pointing down.
- Use the opposite hand to gently pull the hand as far toward the body as it will comfortably go, keeping the elbow straight. Hold for 15 seconds.
- Repeat 5 times.
- Perform on both sides, 5 to 7 days per week, for 3 to 4 weeks.



### Elbow Extension

- Perform this exercise either standing with your weight evenly distributed over both feet or sitting.
- Holding a weight in the hand of the affected arm, raise the arm overhead while supporting the elbow with the opposite hand.
- Straighten the elbow overhead, hold for 5 seconds, and then bend the elbow and relax.
- Work up to 3 sets of 10 repetitions, 2 to 3 times per day.
- Perform the exercise 5 to 7 days per week, for 3 to 4 weeks.

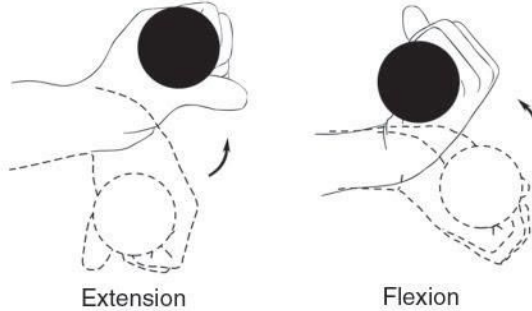
**Caution:** If you do not have adequate triceps strength, do not raise the weight over your head. Bend at the waist with the elbow bent to 90°. Extend your arm back and hold this position for 5 seconds. Then bend the elbow and relax.



**Wrist Flexion and Extension**

- To exercise the wrist flexors, rest the forearm on a hard surface with the palm up.
- Flex the wrist as shown.
- Work up to 3 sets of 30 repetitions, 1 to 2 times per day.
- To exercise the wrist extensors, rest the forearm on a hard surface with the hand extending over the side.
- Extend the wrist as shown.
- Work up to 3 sets of 30 repetitions, 1 to 2 times per day.
- Perform the exercise 5 to 7 days per week, for 3 to 4 weeks.

**Note:** Use no weight initially; add weight in 1-pound increments to a maximum of 5 pounds. Weight can be added when target repetitions are performed without increasing pain. Always start with the elbow positioned in 90° of flexion to minimize pain with the exercises. Over time, as the pain subsides, the exercises may be performed with the elbow in a straightened position.



**Forearm Supination and Pronation**

- Hold the forearm parallel to the ground, with the elbow bent 90°.
- To exercise the forearm supinators, pronate the forearm and then return to vertical as shown.
- Work up to 3 sets of 10 repetitions, 1 to 2 times per day.
- To exercise the forearm pronators, supinate the forearm and then return to vertical as shown.
- Work up to 3 sets of 10 repetitions, 1 to 2 times per day.
- Perform the exercise 5 to 7 days per week, for 3 to 4 weeks.

**Note:** Use no weight initially; add weight in 1-pound increments to a maximum of 5 pounds. Weight can be added when target repetitions are performed without increasing pain.

