

Home Exercise Program for Lateral Epicondylitis – Tennis Elbow

Tennis elbow often responds well to a home exercise program. Often a single session with a physical therapist can be useful to teach you how to do the exercises. Dr. Chalmers recommends trying these exercises for at least 6 weeks. They should be performed in sets of 10-15 repetitions 3-4 times daily. Generally, performing these exercises with the elbow bent causes less discomfort than performing them with the elbow extended.

Stretching: In this exercise, maximally bend the wrist, and maximally turn the forearm. Looking from the elbow, turn the wrist counterclockwise for the right wrist and clockwise for the left wrist. Use the other hand to gently push the wrist into a maximal bend and turn. You should feel a stretch on the outside of the elbow. Hold this position for 30 seconds and then relax.



Wen et al. *Sports Health*.

Wrist strengthening: In this exercise, hold a small weight in the hand with the wrist bent. Bend the wrist back until it is maximally bent back, hold, and then relax. An exercise band can also be used.



Martinez-Silvestrini et al. *J Hand Ther*.